

"Light & Healthy" Italian Minestrone Soup

Ingredients:

¼ cup olive oil	1 garlic clove, minced
1 1/3 cups onion, coarsely chopped	1½ cups celery, with leaves, coarsely chopped
1 6 oz. can tomato paste	1 tbsp. fresh parsley, chopped
1 cup sliced carrots (can use frozen)	4 ¾ cups shredded cabbage
1 1lb. can tomatoes, cut up	1 cup canned red kidney beans, drained & rinsed
1 ½ cups frozen peas	1 ½ cups fresh green beans
Dash hot sauce	11 cups water
2 cups small pasta, uncooked	

Directions:

Heat oil in a large saucepan. Add garlic, onion and celery and cook for about 5 minutes. Add all remaining ingredients, except pasta. Stir until well mixed. Bring to a boil, reduce heat, cover and simmer for about 45 minutes, or until vegetables are tender.

Add uncooked pasta and simmer for 2-3 minutes.

Serves 16...Only 112 calories per 1 cup!