

# meatball minestrone

Serves: 4

Prep and Cook time: 25 min

Per serving: 805 calories, 42 g fat, 412 mg sodium

1 can (about 14 oz) chicken broth

1 can (14 oz) beef broth

2 cups frozen mixed vegetables, such as corn, carrots, and peas

1 can (14 ½ oz) stewed or diced tomatoes

20 already cooked

meatballs, defrosted if frozen

1/3 cup broken angel hair pasta (1 to 2 inch lengths)

1/4 cup shredded or grated Parmesan cheese

1 can (15 oz) red kidney beans, defrosted if frozen

1 tsp dried Italian seasoning

1/2 tsp garlic powder

1. Pour the two broths into a 4 ½ quart soup pot or Dutch oven and place over high heat. While the liquid is heating, add the frozen vegetables, tomatoes, meatballs, and pasta. Cover the pot and bring to a boil. This will take about 10 minutes.

3. While the soup is heating, rinse and drain the beans.

3. When the soup comes to a boil, uncover it and stir well. Add the beans, Italian seasoning, and garlic powder and reduce the heat to medium to maintain a vigorous boil. Stir frequently until the pasta is tender, about 3 minutes. Serve at once, sprinkling each bowl with 1 TBS of Parmesan cheese.

Vary It! To reduce the sodium content, try using homemade chicken and beef broth and making your own beans from dried beans. You can also use turkey meatballs for an even healthier soup.

