Minestrone Soup
Crockpot Cooking – April 10, 2015

Ingredients:

- 3 cups of reduced-sodium vegetable broth
- 1 can of diced tomatoes
- 1 can of white cannellini beans (drained)
- 2 carrots (peeled and chopped)
- 1 celery stalk (chopped)
- 1 cup of chopped onion
- 1 teaspoon dried thyme
- ½ teaspoon dried sage
- 2 bay leaves
- ½ teaspoon each of salt and pepper
- 2 cups of cooked whole grain ditalini pasta
- 1 medium zucchini (chopped)

Directions:

1. In a crockpot, combine reduced-sodium vegetable broth, diced canned tomatoes, drained cannellini beans, carrots, celery, onion, thyme, sage, bay leaves, and salt and pepper. 
- Talk about importance of choosing whole grain pasta, eating a wide variety of vegetables, and benefits of minestrone soup
2. Cover on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
3. Thirty minutes before the soup is done cooking, add the whole grain ditalini pasta and zucchini to the crockpot.
4. Cover and cook for 30 more minutes.
5. Remove the bay leaves and season to taste with salt and black pepper.
6. Ladle soup into bowls and enjoy!

Notes:
for more recipes visit UND.edu/wellness/nutrition