



Vegetable Minestrone Soup

Serves 12 to 18 Child Sized Portions

Preparation time: 45 minutes

Cooking time: 45 minutes

Common allergens: wheat

Equipment List

- Vegetable peeler
- Cutting knife
- Cutting board
- Large pot
- Wooden spoon

Nutrition Information

Calories	178 calories
Total Fat	2.7 g
Saturated Fat	0.5 g
Sodium	182.4 mg
Carbohydrate	32.4 g
Fibre	4.6 g
Protein	8.3 g
Sugar	2.4 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Olive or canola oil	2 tbsp.	30 mL
Onion chopped, large	1 whole	
Garlic cloves, minced or pressed	2 cloves	2 cloves
Carrots, peeled and sliced	2 large	2 large
Celery stalks	2	2
Tomatoes, chopped	2 whole	2 whole
Spinach, bunch	1 bunch	1 bunch
Potatoes, chopped	10 small	10 small
Zucchini, chopped (optional, other types of squash may also be substituted)		2 small
Beans (kidney, white kidney, navy, black beans, chickpeas etc.)	1 can, 28 oz.	
Whole wheat noodles (macaroni or penne work well)	1 ½ cups	375 g
Low salt (sodium) chicken or vegetable stock	8 cups	2 L
Dried oregano	1-2 tsp.	5-10 mL
Dried basil	1-2 tsp.	5-10 mL
Salt and pepper to taste		



Instructions

1. Wash, peel and chop all vegetables.
2. Heat oil in a large pot on the stovetop over medium heat. Add onion and garlic and heat for a few minutes until softened.
3. Add carrots and celery, and stir. Cook until softened, about five minutes.
4. Add tomatoes and cook about two minutes.
5. Add spinach, potatoes, zucchini and beans.
6. Pour in stock and stir. Season with salt, pepper, dried basil and oregano.
7. Cover and bring the soup to a boil, then add pasta.
8. Turn down the heat to low and simmer until vegetables are tender and the pasta is cooked (20 minutes or more). Add a little water if the soup becomes too thick.



Recipe adapted from Healthy After Schools