

Slow Cooker Italian Vegetable Soup with White Beans

Soup of the Month - March 2013



Minestrone-style soups never disappoints. Try this one, with plenty of pasta, creamy cannellini beans, vegetables, and a dollop of prepared pesto.

Prep Time: 5 Min

Start to Finish: 9 Hr. 25 Min

Makes: 6 (1 1/3-cup) servings

INGREDIENTS

2 (19-oz.) cans cannellini beans, drained and rinsed
1 (1-lb.) pkg. Frozen Mixed Vegetables
1 (14.5-oz.) can diced tomatoes with basil, garlic and oregano, un-drained
1 (12-oz.) bottle vegetable juice cocktail
1 cup water
1 1/2 oz. (1/2 cup) uncooked penne or mostaccioli (tube-shaped pasta)
1/4 cup purchased pesto (optional)

DIRECTIONS

1. In 3 to 4-quart slow cooker, combine all ingredients except penne and pesto; mix well.
2. Cover; cook on Low setting for 8 to 9 hours.
3. About 20 minutes before serving, stir penne into soup. Increase heat setting to High; cover and cook an additional 15 to 20 minutes or until penne is tender.
4. To serve, top individual servings with 2 teaspoons pesto.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 1/3 cup	Calories:	260	Calories from Fat:	60
Total Fat:	6 g	Saturated Fat:	1 1/2 g	Cholesterol:	0 g
Sodium:	410 mg	Total Carbohydrate:	39 g	Dietary Fiber:	9 g
Sugars:	6 g	Protein:	13 g		



This recipe adapted from WWW.eatbetterearly.com