

# Minestrone Bean Soup Mix

*(Use mix within 6 months)*

1 jar Minestrone Soup Mix  
4 cups low-sodium beef  
or chicken stock  
4 celery stalks, sliced

4 carrots, sliced  
4 cups canned tomatoes  
6 cups water

Remove spice and pasta bags from jar of beans. Wash and pick over beans. Put soup mix and water into a large pot. Bring to a boil and boil for 2 minutes. Remove from heat and allow to stand for 1 hour. (this is the way to “jump-start” beans so you don’t have to soak them overnight). Add other ingredients, except macaroni, and bring to a boil. Lower heat, cover and simmer for 2 hours or until all the ingredients are tender. Add macaroni and cook 30 minutes. If soup seems too thick, add extra water.



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## Nutrition Facts

8 servings per container

**Serving size** 1 cup (369g)

Amount per serving

**Calories** 230

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 600mg 26%

**Total Carbohydrate** 44g 16%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 96mg 8%

Iron 2mg 10%

Potassium 835mg 20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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