

Quick & Easy Vegetable Minestrone



Makes:

12 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

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1 medium onion, processed, use Cone #3
grated Parmesan cheese, for garnish (optional)

Directions:

1. Preheat electric roaster to 250°F/120°C. When several drops of water sprinkled on pan skitter and dissipate, add onion and sauté until tender.
2. Add vegetable broth and bring to a rolling simmer. Add carrots, leeks, potatoes, celery, tomatoes, green beans and zucchini. Return to a rolling simmer. Cover, reduce heat to low and cook for 30 minutes or until vegetables are tender.
3. Add noodles and kidney beans and stir to combine. Cover and continue to simmer for 15 minutes until noodles are done. Add salt and pepper, to taste.
4. Serve with Parmesan cheese as garnish, if desired.

Tips:

- Season minestrone with chopped fresh herbs, such as parsley, oregano or basil.

Nutritional Information per

▼ Serving

Calories: 160
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 1mg
Sodium: 785mg
Total 29g
Carbs:
Dietary Fiber: 5g
Sugar: 3g
Protein: 6g