

Italian Minestrone Soup

Yield: 9 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/strings-italian-cafe-minestrone-soup-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 2 celery ribs chopped
- 1 onion small, finely chopped
- 3 garlic cloves minced
- 2 cups cabbage chopped
- 1 large carrot chopped
- 14 ounces diced tomatoes undrained
- 8 ounces tomato sauce
- 6 ounces tomato paste
- 5 cups chicken broth
- 15 ounces kidney beans rinsed and drained
- 15 ounces garbanzo beans rinsed and drained
- 1/4 cup fresh parsley minced
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 cup elbow macaroni cooked, drained, cook 1/2 cup dry noodles to equal 1 cup cooked
- 1/4 cup grated Parmesan cheese
- salt
- pepper
- 5 cayenne shakes of
- 1 pound sweet Italian sausage browned, or ground beef, optional
- grated Parmesan cheese garnish: additional, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 14 grams

6. Protein: 29 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 770 milligrams
 9. Sugar: 13 grams
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