

Italian Vegetable Soup

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-bread-and-cabbage-soup>

Ingredients:

- 1 pound ground beef
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup carrots chopped
- 2 cloves garlic minced
- 14 1/2 ounces diced tomatoes peeled and
- 15 ounces tomato sauce
- 38 ounces kidney beans drained and rinsed
- 2 cups water
- 5 teaspoons beef bouillon granules
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 2 cups cabbage chopped
- 15 1/4 ounces whole kernel corn
- 15 ounces green beans
- 1 cup macaroni

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 310 milligrams
9. Sugar: 12 grams
10. TransFat: 0.5 grams

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