

Hearty Beef Minestrone

Recipe Provided By: Canadian Diabetes Association

Recipe Source: Cookspiration.com

Recipe Info

Makes: About 14 cups (3.5 L)

Serving Size: 1 cup (250 mL)

Ingredients

1 lb (500 g) lean ground beef
1 can (28 oz/796 mL) no-salt-added diced tomatoes
1 cup (250 mL) chopped onion
1 cup (250 mL) chopped celery
1 cup (250 mL) chopped green bell pepper or zucchini
1 cup (250 mL) shredded cabbage
1 cup (250 mL) diced potatoes
1 cup (250 mL) sliced carrots
2 bay leaves
1 tsp (5 mL) salt
¼ tsp (1 mL) freshly ground black pepper
1 tsp (5 mL) Worcestershire sauce
1 can (14 oz/398 mL) red kidney beans, drained and rinsed
½ cup (125 mL) elbow macaroni
Freshly grated Parmesan cheese (optional)

Instructions

Step 1

In a deep, heavy pot, over medium-high heat, cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Drain off fat.

Step 2

Stir in tomatoes, onion, celery, green pepper, cabbage, potatoes, carrots, bay leaves, salt, pepper, 6 cups (1.5 L) water and Worcestershire sauce; bring to a boil. Reduce heat to low, cover and simmer for 1 hour. Stir in beans and macaroni; cover and simmer for 30 minutes or until vegetables are soft and pasta is tender.

Step 3

Ladle into warmed bowls and sprinkle with Parmesan, if desired.

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