

Pasta Veggie Soup

Makes 6 servings

Ingredients

- 1 Tbsp (15 mL) vegetable oil
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 1 zucchini, diced
- 1 can (540 mL) white beans, rinsed
- 1 can (540 mL) diced tomatoes
- 1 box (900 mL) vegetable or chicken broth
- 1 cup (250 mL) whole grain pasta, raw (e.g. macaroni, rotini)
- 1 tsp (5 mL) Italian seasoning
- Salt and pepper, to taste

Directions

1. Set out all the ingredients.
2. Rinse beans and vegetables under cool running water.
3. Prepare vegetables (peel, dice, mince).
4. Heat oil in a large pot on medium heat.
5. Add onions, carrots, celery, garlic and zucchini.
6. Cook vegetables until soft, about 5 minutes. Stir often.
7. Add the rest of the ingredients. Stir.
8. Turn to high heat until soup boils, about 5 minutes.
9. **Careful, it's hot!** Lower heat to medium-low.
10. Simmer soup until the pasta is tender and cooked, about 20 minutes. **Don't walk away when the stove is on!**



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Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Get creative!** Use different vegetables from your fridge or freezer. Try different beans.
- Use **canned, fresh or frozen vegetables**.
- **Have leftovers?** Let cool, then store in covered container in the fridge for up to 3 days.

Enjoy your balanced plate of vegetables, protein and whole grains!

▶ [Watch the how-to-video at foodliteracytbo.ca](http://foodliteracytbo.ca)

Adapted from: Weelicious Lunches, 2013