

Classic Minestrone Soup

By Chef Andy Ruszczyk



INGREDIENTS:

- 1 Lb. lean ground turkey
- 3 Tbsp. olive oil
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 celery ribs, chopped
- 1/4 cup tomato paste, no salt
- 4 cloves garlic, minced
- 1/2 tsp. dried oregano
- 1 can (28 ounces) diced tomatoes,
- 4 cups vegetable broth, low sodium
- 2 cups water
- 2 bay leaves
- 1 cup whole grain pasta, cooked
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 2 tsp. lemon juice

DIRECTIONS:

1. Add 3 Tbsp. olive oil to a large pot over medium heat.
2. Add onion, carrot, celery, tomato paste, and pinch of salt. Cook and stir veggies for 7-10 minutes or until veggies are softened.
3. Add ground turkey and cook 5-6 minutes, stirring occasionally.
4. Add in garlic and oregano. Cook for 2 minutes or until fragrant.
5. Pour in diced tomatoes and their juice, broth, and water. Add salt, black pepper and bay leaves.
6. Cook with lid on for 15 minutes, then add pasta and beans.
7. Remove pot from heat and remove bay leaves. Stir in lemon juice.
8. Let cool and enjoy!

MEAL KIT SHOPPING LIST



35 min

Yield: 6 servings



1 yellow onion



1 lb. lean ground turkey



2 carrots



1 box whole grain elbow pasta



2 celery ribs



1 x 15 oz. tomato paste



1 can cannellini beans



4 garlic cloves



1 lemon



1 x 28 oz. diced tomatoes

Seasonings and more:

- garlic powder
- oregano
- 2 bay leaves
- salt and pepper
- olive oil



1 x 32 oz. vegetable broth, low sodium

For more recipes scan here



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Healthy Options.
Cooking at Home

Grocery cost: \$19.32

Recipe cost: \$16.66

Cost per meal: \$2.77

*prices found at Wegmans as of May 2024