

# Minestrone Soup

Makes 6 Servings

Ingredients:	Cost per ingredient:	Cost per recipe:	Cost per serving:
2 TBSP - extra-virgin olive oil	\$3.94 / 17oz bottle	\$0.22	\$0.04
1 - yellow onion (diced)	\$0.71 / lb.	\$0.54	\$0.09
2 - carrots (peeled & chopped)	\$0.98 / 16oz bag	\$0.245	\$0.04
2 - celery stalks (chopped)	\$1.77 / 16oz bag	\$0.44	\$0.07
2-3 - garlic cloves (minced)	\$1.80 / 3 bulbs	\$0.15	\$0.03
½ lb. - spinach (chopped)	\$4.98 / lb.	\$2.49	\$0.415
1 - large potato (peeled & chopped)	\$0.98 /lb	\$0.69	\$0.115
1 - 14.5oz can diced tomatoes (with juice)	\$0.72 / 14.5oz can	\$0.72	\$0.12
2 TSP - dried rosemary	\$3.12 / 1.4oz container	\$0.27	\$0.045
4 cups - chicken broth	\$2.42 / 32oz container	\$2.42	\$0.40
¼ cup - small dried pasta	\$1.00 / box	\$0.25	\$0.04
1 - 15oz can cannellini beans (drained & rinsed)	\$0.72 / 15oz can	\$0.72	\$0.12
<b>TOTAL:</b>	\$23.14	\$9.16	Approx. \$1.51

\*Cost based on Walmart.com

## Directions:

Heat olive oil over medium heat in a large pot. Add onion, carrots, celery, and garlic and sauté for about 5 minutes, until vegetables soften. Add the spinach and potato and sauté for 2 minutes longer. Add the tomatoes and rosemary and simmer for about 5 minutes, until the spinach is wilted. Add the stock and bring to a boil. Add the pasta, reduce the heat to medium and cook until potato and pasta are tender, about 10 minutes. Stir in the beans and simmer for 5 minutes. Season with salt and pepper.