



Fat Granny's Minestrone Soup

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 cup butter
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes diced with juice canned
- 1 large carrots diced
- 2 stalks celery diced
- 1 teaspoon celery seed
- 6 cups chicken stock see

- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 1 teaspoon thyme leaves dried
- 0.5 cup elbow macaroni
- 10 ounce french-cut green beans frozen
- 1 tablespoon garlic finely chopped
- 1 teaspoon garlic powder
- 1 bell pepper diced green
- 6 servings salt and ground pepper black to taste
- 1 teaspoon penzey's southwest seasoning italian
- 15.5 ounce three bean salad drained and rinsed canned
- 3 tablespoons olive oil
- 1 large onion diced
- 1 teaspoon onion powder
- 1 teaspoon oregano dried
- 1 bell pepper diced red
- 1 small zucchini diced

Equipment

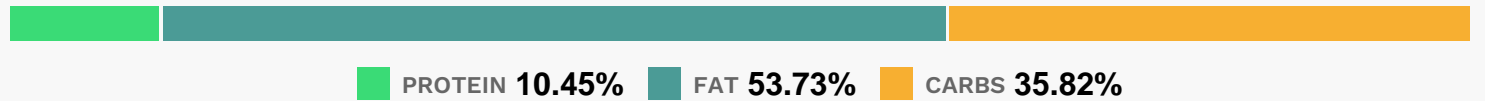
- bowl
- sauce pan
- pot

Directions

- Combine Italian seasoning, onion powder, garlic powder, celery seed, parsley, thyme, basil, oregano, salt, black pepper, and bay leaf in a small bowl.
- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- Drain.

- Heat olive oil and butter together in a large saucepan over medium-high heat; cook and stir carrot, celery, and onion until heated through, 2 to 3 minutes.
- Add garlic, green bell pepper, red bell pepper, zucchini, and Italian seasoning mixture; stir to combine.
- Stir tomatoes and their juice, tomato sauce, three bean salad, green beans, and chicken stock into seasoned vegetable mixture. Bring to a boil, reduce heat, and simmer, stirring occasionally, until flavors are blended, about 30 minutes. Stir in elbow macaroni before serving.

Nutrition Facts



Properties

Glycemic Index:65.97, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:24.769565045834%

Flavonoids

Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg, Apigenin: 1.4mg Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg, Luteolin: 3.83mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 424.99kcal (21.25%), Fat: 26.16g (40.25%), Saturated Fat: 11.65g (72.82%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 30.43g (11.06%), Sugar: 13.19g (14.65%), Cholesterol: 47.87mg (15.96%), Sodium: 832.08mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Vitamin C: 74.51mg (90.31%), Vitamin A: 3948.1IU (78.96%), Vitamin K: 47.72µg (45.44%), Fiber: 8.83g (35.32%), Manganese: 0.61mg (30.42%), Vitamin B3: 5.84mg (29.18%), Vitamin B6: 0.56mg (28.1%), Potassium: 975.39mg (27.87%), Vitamin E: 3.78mg (25.18%), Vitamin B2: 0.41mg (23.9%), Selenium: 14.76µg (21.09%), Iron: 3.48mg (19.34%), Copper: 0.38mg (19.16%), Folate: 76.24µg (19.06%), Phosphorus: 181.94mg (18.19%), Magnesium: 66.87mg (16.72%), Vitamin B1: 0.23mg (15.25%), Calcium: 100.29mg (10.03%), Zinc: 1.24mg (8.27%), Vitamin B5: 0.74mg (7.37%)