

Mama's Hearty Minestrone

READY IN



60 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli finely chopped
- ☐ 29 ounce tomatoes diced canned
- ☐ 2 cups carrots diced
- ☐ 14.5 ounce chicken broth low-sodium canned
- ☐ 1 tablespoon basil dried
- ☐ 0.5 cup elbow macaroni
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper diced green
- ☐ 1 pound ground beef

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion diced
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese shredded to taste
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomato sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 1 zucchini sliced quartered

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat vegetable oil in a large frying pan over medium heat; cook and stir onion and garlic until fragrant, about 2 minutes.
- ☐ Add ground beef; cook and stir until beef is crumbly, evenly browned, and no longer pink, about 10 minutes.
- ☐ Drain excess grease.
- ☐ Transfer ground beef mixture to an 8-quart stockpot; add chicken broth, diced tomatoes, tomato sauce, water, and carrots. Bring to a boil; reduce heat and simmer until carrots are partially cooked, 10 minutes.
- ☐ Add zucchini, bell pepper, basil, oregano, salt, and black pepper; simmer until carrots are tender, about 10 more minutes.
- ☐ Stir broccoli and macaroni into soup; simmer until macaroni is cooked through but firm to the bite, about 10 minutes.
- ☐ Garnish with Parmesan cheese to serve.

Nutrition Facts



 **PROTEIN 22.34%**  **FAT 46.9%**  **CARBS 30.76%**

Properties

Glycemic Index:33.73, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:22.763043630382%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 277.24kcal (13.86%), Fat: 14.88g (22.9%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 17.44g (6.34%), Sugar: 8.24g (9.16%), Cholesterol: 42.38mg (14.13%), Sodium: 716.65mg (31.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Vitamin A: 5939.47IU (118.79%), Vitamin C: 43.15mg (52.31%), Vitamin K: 37.68µg (35.88%), Vitamin B6: 0.55mg (27.55%), Vitamin B3: 5.23mg (26.14%), Potassium: 864.56mg (24.7%), Manganese: 0.48mg (23.79%), Selenium: 15.78µg (22.54%), Phosphorus: 217.29mg (21.73%), Vitamin B12: 1.3µg (21.7%), Iron: 3.89mg (21.62%), Zinc: 3.21mg (21.4%), Fiber: 4.54g (18.14%), Vitamin B2: 0.28mg (16.63%), Vitamin E: 2.48mg (16.51%), Copper: 0.3mg (14.78%), Magnesium: 55.2mg (13.8%), Calcium: 135.46mg (13.55%), Folate: 44.97µg (11.24%), Vitamin B1: 0.15mg (10.13%), Vitamin B5: 0.89mg (8.93%)