



# Minestrone Pasta

**Prep Time:** 15 minutes

**Cost per serving:** \$0.51

## What you need:

### Utensils:

- Knife
- Cutting board
- Large bowl
- Mixing spoon
- Large saucepan
- Measuring cups

### Ingredients:

- 8 ounces uncooked medium
- pasta shells (whole wheat optional)
- 2 medium carrots, sliced
- 1 medium green bell pep-per, chopped
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 14 ½ -ounce can Italian style tomatoes
- ⅓ cups Italian dressing
- ½ cup Parmesan cheese,
- grated

### What to do:

1. Wash your hands and clean your cooking area.
2. Wash fresh vegetables and prepare as per ingredients. Rinse canned beans.
3. Cook pasta by package directions
4. Drain and rinse pasta, set aside to cool.
5. In a large bowl, mix carrots, bell pepper, kidney and garbanzo beans, and tomatoes.
6. Add cooked pasta to vegetable mixture.
7. Mix ingredients with Italian dressing and Parmesan cheese.
8. Refrigerate before serving.



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## Nutrition Facts

Serving Size 1 cup	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 6g	24%
Sugars 5g	
<b>Protein 10g</b>	
Vitamin A 45%	Vitamin C 30%
Calcium 10%	Iron 10%