

## Thirty Minute Minestrone Soup

4 cups water  
2 cups miniature carrots, sliced (or frozen sliced carrots)  
1 (15 oz.) can Great Northern beans (or red kidney beans), rinsed and drained  
1 (14 oz.) can peeled Italian plum tomatoes, cut up  
1 cu chopped onion  
2 tsp. beef bouillon granules  
1 tsp. bottled minced garlic  
½ tsp. each: dried basil and dried oregano  
¼ tsp. pepper  
9 oz. package frozen green beans  
1 small zucchini, chopped  
½ cup 51 percent whole wheat elbow macaroni or broken spaghetti, cooked  
¼ cup grated Parmesan cheese (for topping)

In a large saucepan, combine water, carrots, bean, tomatoes, onion, bouillon granules, garlic, basil, oregano and pepper. Bring to boil over high heat. Add green beans and zucchini and pasta. Return to a boil. Reduce heat, cover, and simmer for 10 minutes or until pasta is done. Spoon into bowls and sprinkle with Parmesan cheese.

Source: American Heart Association's Quick and Easy Cookbook

