

Uploaded to the VFC Website May 2014

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton Tax ID #27-3820181 CA Incorporation ID #3340400 CA Dept. of Charities ID #: CT-0190794

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note: VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Slow-Cooker Minestrone Soup

- 6 Cups low-sodium chicken or vegetable broth
- 1 Can (14.5 ounces) diced tomatoes
- 1 Cup fresh green beans
- 2 Carrots, peeled and chopped
- 1 Celery stalk, chopped
- 1/4 Cup onion diced
- 1 Zucchini, chopped
- 2 Tbsp tomato paste
- 1 Tbsp lemon juice
- 1 Bay leaf
- 1 Tsp dried rosemary
- 1 Tsp dried oregano
- 1/2 Tsp salt
- 1/4 Tsp pepper
- 1 Can (15 ounces) cannellini beans
- 1 Can (15 ounces) kidney beans
- 2 Cups fresh baby spinach
- 1 Cup uncooked shell or elbow pasta
 - 1) In a slow cooker, combine broth, tomatoes, green beans, carrots, celery, onions, zucchini, tomato paste, lemon juice, bay leaf, rosemary, oregano, salt, and pepper; stir.
 - 2) Cover and cook on high for 4 hours or on low for 8 hours.
 - 3) 30 minutes prior to finishing, add the cannellini beans, kidney beans, spinach, and pasta; cook until the pasta is tender.
 - 4) Taste and add additional salt or pepper if necessary.
 - 5) Serve.



Easy Cooking by Jim Davis © 2009