



All for the Beef

Prep 15 mins
Cook 40 mins
Yields 8 servings

Hearty Beef Minestrone Soup



Shopping List



Extra lean ground beef
Onions
Garlic cloves
Frozen mixed vegetables
Italian herb seasoning
Canned diced tomatoes
Chicken broth
Tomato sauce
Whole wheat spaghetti or alphabet pasta
Chili pepper flakes (optional)
Fresh parsley (optional)
Fresh spinach (optional)
Canned kidney beans (optional)

Ingredients

1 lb (500 g) extra lean ground beef round or sirloin or extra lean ground beef
1 large onion, chopped
4 cloves garlic, minced
3 cup (750 mL) frozen mixed vegetables
1 ½ tsp (7 mL) dried Italian herb seasoning
¼ tsp (1 mL) chili pepper flakes (optional)
1 can (28 oz/796 mL) diced tomatoes
1 pkg (900 mL) sodium-reduced chicken broth
1 can (213 mL) tomato sauce
1 cup (250 mL) shredded fresh spinach (optional)
¼ cup (50 mL) chopped fresh parsley (optional)
½ cup (125 mL) broken whole wheat spaghetti or alphabet pasta
½ cup (125 mL) kidney beans, drained and rinsed (optional)

Instructions

1. Cook beef, onion, garlic, frozen mixed vegetables, Italian seasoning and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.
2. Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.
3. Add spinach and parsley (if using). Stir in pasta and beans (if using); simmer for 10 minutes or until pasta is tender.



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This stew-like minestrone is hearty enough to be a main course.

Good source of iron (21% DV) and excellent source of zinc (37% DV), 26% DV sodium.

Nutrition Facts

per serving

Amount	
Calories	183
Protein	17 g
Fat	5 g
Carbohydrate	19 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/hearty-beef-minestrone-soup/>