



Slow-Cooked Two-Bean Minestrone



Slow cooked minestrone made using veggies, two beans and pasta makes a hearty meal.

Prep Time: **10 Min**

Total Time: **10 Hr 30 Min**

Makes: **6 (1 1/2-cup) servings**

User Rating (2)



INGREDIENTS:

- 1 medium onion, halved crosswise, cut into thin wedges
- 1 garlic clove, minced
- 1 stalk celery, coarsely chopped
- 2 medium carrots, cut into 1/2-inch slices
- 2 (14 1/2-oz.) cans ready-to-serve chicken broth
- 1 (19-oz.) can white kidney or cannellini beans, drained, rinsed
- 1 (15 1/2- or 15-oz.) can kidney beans, drained, rinsed
- 1 (14 1/2-oz.) can Italian-seasoned stewed tomatoes, undrained, cut up
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup frozen cut leaf spinach, thawed, squeezed to drain*
- 3 oz. uncooked spaghetti, broken into thirds (3/4 cup)

DIRECTIONS:

In 3 1/2- to 4-quart slow cooker, combine all ingredients except spinach and spaghetti; mix well.

Cover; cook on low setting for 7 to 10 hours or until vegetables are tender.

Stir in thawed spinach and spaghetti. Increase heat to high setting; cover and cook an additional 15 to 20 minutes or until spaghetti is tender.

High Altitude (3500 -6500 ft):

Nutritional Information:

1 Serving (1 1/2 Cups) Calories 240 (Calories from Fat 20), Total Fat 2g (Saturated Fat 0g, Cholesterol 0mg; Sodium 970mg; Total Carbohydrate 43g (Dietary Fiber 9g, Sugars 5g), Protein 13g; Percent Daily Value*: Vitamin A 160.00%; Vitamin C 15.00%; Calcium 10.00%; Iron 20.00%; Exchanges: 2 1/2 Starch; 2 1/2 Other Carbohydrate; 1 Vegetable; 1/2 Very Lean Meat; *Percent Daily Values are based on a 2,000 calorie diet.