

Minestrone with Tubettini and Capicola

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Servings: 6

2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, sliced
3 carrots, cut into small dice
3 ribs celery, sliced
1 medium zucchini, diced
1 medium summer squash, diced
1 can (14-1/2 ounce) no-salt-added diced tomatoes
1/2 teaspoon dried Italian seasoning
2 large vegetable bouillon cubes
8 cups hot water
3/4 cup tubettini (such as Ronzoni)
1 can (15 ounce) chickpeas, drained and rinsed
1 can (15 ounce) kidney beans, drained and rinsed
1/4 pound capicola, cut into ribbons
grated Parmesan cheese (optional)

Preparation Time: 25 minutes

Cook Time: 21 minutes

Heat the oil in a large pot over medium-high heat. Add the onion and garlic. Cook for 5 minutes, stirring occasionally.

Add the carrots, celery, zucchini, squash, tomatoes, Italian seasoning, bouillon cubes and hot water. Simmer, partially covered, for 5 minutes, stirring occasionally.

Stir in the pasta and simmer an additional 9 minutes or until the vegetables and pasta are tender.

Stir in the beans and ham. Heat through, about 2 minutes.

Top each portion with grated Parmesan cheese, if desired.

Serve immediately.

Per Serving (excluding unknown items): 331 Calories; 8g Fat (21.5% calories from fat); 19g Protein; 48g Carbohydrate; 16g Dietary Fiber; 9mg Cholesterol; 540mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	331	Vitamin B6 (mg):	.6mg
% Calories from Fat:	21.5%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	56.1%
% Calories from Protein:	22.4%
Total Fat (g):	8g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	9mg
Carbohydrate (g):	48g
Dietary Fiber (g):	16g
Protein (g):	19g
Sodium (mg):	540mg
Potassium (mg):	1142mg
Calcium (mg):	122mg
Iron (mg):	5mg
Zinc (mg):	3mg
Vitamin C (mg):	22mg
Vitamin A (i.u.):	10353IU
Vitamin A (r.e.):	1035RE

Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	337mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	1 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 331 Calories from Fat: 71

% Daily Values*

Total Fat	8g	13%
Saturated Fat	1g	6%
Cholesterol	9mg	3%
Sodium	540mg	22%
Total Carbohydrates	48g	16%
Dietary Fiber	16g	65%
Protein	19g	

Vitamin A	207%
Vitamin C	36%
Calcium	12%
Iron	30%

* Percent Daily Values are based on a 2000 calorie diet.