



# Tasty Nutritious Meal in Minutes



Produce purchased fresh from the local farmers market is always delicious. But there are nights when you need to get something on the table fast. Nothing beats the convenience of frozen foods—no washing, peeling, or chopping. Let's face it, if it's easy, you are more likely to make it. Since the goal is to provide delicious nutritious meals for your family, stock up on frozen produce when you see it on sale!

## Quick Minestrone Soup

5 servings

### Ingredients

- 1 pound bag mixed frozen vegetables\*
- 2 cans (16 oz) tomatoes
- 1 cans (16 oz) beans, drained (kidney, black, garbanzo, etc.)
- 1 celery stalk, chopped
- 5½ cups water or 3 cans broth
- 1 cup macaroni noodles, uncooked

*Options: Parmesan cheese and chopped onion*

\* or substitute your favorite vegetables

### Directions

1. In a large pot, add all ingredients except the cheese. Bring to boil.
2. Cover pot and reduce heat. Simmer for 6-8 minutes.
3. Sprinkle cheese on top before serving.



*Serve with whole wheat rolls.*

**ROGER INGRAM**  
COUNTY DIRECTOR

**KELLEY BRIAN**  
YOUTH, FAMILIES AND COMMUNITIES ADVISOR

**ROSEMARY CARTER**  
UC-CALFRESH, PROGRAM MANAGER

*UC Cooperative Extension Placer and Nevada Counties*

#### PLACER:

11477 E Avenue, Auburn, CA 95603  
530-889-7385 office 530-889-7397 fax  
ceplacer@ucanr.edu

#### NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945  
530-273-4563 office 530-273-4769 fax  
cenevada@ucanr.edu

**Website:** <http://ceplacervevada.ucanr.edu>

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>)

Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.