

Keep Canned Food in Your Pantry

Keep canned tomatoes, beans, fruits, and vegetables on hand to quickly create meals or boost the nutrition of recipes. Try adding canned black beans, chick peas, mandarin oranges, beets, or other colorful fruits and vegetables to your next salad. With canned food, much of the prep work has been done for you. The fruits and vegetables are already chopped and ready to use in your recipes.



Stock up on canned food your family will eat, when it's on sale.

- Enjoy good nutrition all year round.
- Lasts longer, so you waste less.
- Make budget-friendly meals fast.

Quick Minestrone Soup

This hearty soup is quick and easy to make using frozen and canned vegetables.

Serves: 6-8

Ingredients

- 1 pound bag mixed, frozen vegetables*
- 2 cans diced tomatoes, undrained
- 2 cans (15 oz) beans (kidney, pinto, garbanzo, black, etc.), drained and rinsed
- 1 celery stalk, chopped
- 5½ cups of water, or 3 cans (14.5 oz) vegetable or chicken broth
- ¾ teaspoon dried Italian seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 cup macaroni noodles, uncooked
- Parmesan cheese, optional

Directions

1. In a large pot, add all ingredients except cheese. Bring to a boil.
2. Cover pot. Reduce heat and simmer for 6-8 minutes, until pasta is cooked.
3. Ladle into bowls and serve with Parmesan cheese (optional).

*You can substitute your family's favorite vegetables.

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