

Katherine Whaley Goya Recipes

Healthy Minestrone Soup

4 Cups of cold water

1 medium onion, chopped

1 8oz can of GOYA cut green beans

1 8oz can of GOYA garbanzo beans

1 8oz can of GOYA cannellini or small white beans

1 zucchini, chopped

1 stalk of celery, chopped

2 carrots, peeled and chopped

2 cups of chicken broth

1 medium cabbage, chopped

1 8oz can of GOYA peas

1 8oz can of GOYA tomato sauce

1 tsp. dried basil

1 tsp. GOYA Sazonador Total

½ cup cooked pasta

GOYA Salt and pepper as needed

Parmesan cheese

Drizzle of GOYA olive oil

- Place the first 11 ingredients in a large pot and bring to a boil. Lower heat and simmer uncovered for 1 ½ hours. Stir occasionally.
- Add the tomato sauce and the seasonings. Adjust to taste.
- Bring to a slow boil and add cooked pasta. May add broth as needed.
- Add cooked chicken or precooked meatballs if a meat is preferred.
- Ladle into bowls and add grated parmesan and drizzle with olive oil.