

# Minestrone Soup



## Servings: 4

*2 strips bacon, chopped*  
*1 pound ground pork*  
*2 carrots, chopped*  
*2 parsnips, chopped*  
*2 garlic cloves, minced*  
*1 onion, chopped*  
*1 celery stalk, chopped*  
*1 bay leaf*  
*1 teaspoon dried rosemary*  
*1 teaspoon dried basil*  
*1 can crushed tomatoes (540-ml)*  
*4 cups vegetable stock*  
*1 can chickpeas, drained and rinsed, (540-ml)*  
*1 cup spaghetti, broken up*

In a large pot cook bacon over medium-high heat until crisp.

Add in ground pork. Cook breaking up with a wooden spoon until no longer pink about 5 minutes.

Add carrots, parsnips, garlic, onion, celery, bay leaf, dried rosemary, and dried basil. Cook stirring occasionally until the vegetables have softened slightly about 5 minutes.

Stir in crushed tomatoes and vegetable stock. Bring to a boil. Reduce heat cover and simmer for 20 minutes.

Add chickpeas and spaghetti. Cook covered for 10 minutes or until the spaghetti is al dente.

Remove and discard the bay leaf.

Ladle the soup into bowls.

Serve

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Per Serving (excluding unknown items): 388 Calories; 11g Fat (24.9% calories from fat); 32g Protein; 42g Carbohydrate; 7g Dietary Fiber; 76mg Cholesterol; 931mg Sodium; 9g Total Sugars; trace Vitamin D; 96mg Calcium; 3mg Iron; 1010mg Potassium; 377mg Phosphorus. Exchanges: .