



Because no student **FEED-A-BULL** Should go hungry

## Vegetable Soup

Prep Time: 5 Min.

Total Time: 15- 20Min.

### Ingredients:

- 2 cups mixed vegetables, canned
- 1 cup beans, canned
- ½ cup dry pasta or rice
- 1 cup canned tomato paste or sauce
- Water
- 3 Tablespoons Olive oil
- 2 Teaspoon Italian Seasoning
- 1 Teaspoon Garlic
- ½ Teaspoon Pepper
- Salt (optional)

### Instructions:

1. Open and drain canned beans and vegetables
2. Combine beans, vegetables, pasta or rice and tomato paste or sauce into a large pot
3. Fill pot with water until water level is 3-4 inches above the food
4. Cook on medium heat for 10-15 minutes, or until pasta or rice is soft
5. Add olive oil, Italian seasoning, garlic, and pepper
6. Stir
7. Add salt to taste (optional)