

Grab 'n' Go Dinner for Tonight

Speedy Meal Time Minestrone
Serves: 6

Ingredients	Aisle #
Cooking Spray	Aisle 5
8 oz 93% lean ground beef or ground turkey	Meat Dept
2 cloves garlic or 1 tsp. minced garlic in jar	Produce
1/2 cup chopped onions (or half medium onion)	Produce
14 oz can fat-free reduced-sodium Western Family Chicken Broth	Aisle 3
2 cups water	
8 oz can no-salt added tomato sauce	Aisle 3
14.5 oz can no-salt added diced tomatoes	Aisle 3
1 package chicken flavor Top Ramen Noodles	Aisle 3
1 tsp Italian Seasoning	Aisle 5
1/4 tsp pepper	Aisle 5
15 oz can reduced-sodium kidney beans, rinsed and drained	Aisle 3
15 oz can reduced-sodium garbanzo beans, rinsed and drained	Aisle 3
1/2 cup Parmesan Cheese (optional)	Aisle 2

1. Spray a Dutch oven/kettle with cooking spray. Heat over medium-high heat. Add meat, onion and garlic to pan.
2. Cook while stirring occasionally until meat is brown and onion is softened.
3. Add chicken broth, water, tomato sauce, diced tomatoes, seasoning from Ramen Noodles, kidney beans, garbanzo beans, and Italian seasoning. Bring to a boil. Reduce heat to medium-high.
4. Crush top ramen noodles into small pieces and add to pan. Cook 3-4 minutes, stirring occasionally.
5. Optional: When ready, sprinkle parmesan evenly over top of each serving bowl.

Speedy Meal Time Minestrone	
Servings Per Meal (6)	
Amount Per Serving	
Calories 241	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 25mg	8%
Sodium 519mg	22%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 18g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.09

To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.