

MINESTRONE SOUP

Build a balanced day that limits screen time and includes healthy activities like COOKING!

1. Stay within recommended screen time limits:
 - 0-2 years: NONE
 - 2-4 years: less than an hour a day
 - 5-17 years: less than 2 hours a day
2. Put screens away 1 hour before bed and during meals and snacks
3. Replace screen time with healthy, fun activities like playing, moving, cooking and reading.



POWER OFF devices
and **PLAY MORE!**

MINISTRONE SOUP

Prep Time: **10 minutes** | Cook Time: **40 minutes** | Serves: **6**

Ingredients:

- | | |
|--|---------------------------------|
| 1 medium onion | 4 medium carrots |
| 1 celery stalk | 1/2 cup small whole wheat pasta |
| 2 cloves garlic, minced | 1/2 tsp dried basil |
| 6 cups vegetable broth | 1/2 tsp dried oregano |
| 1 – 796mL can diced tomatoes | |
| 1 – 540mL can white kidney beans, drained and rinsed | |

Directions:

1. Wash and chop (into small pieces) onion, carrots and celery.
2. In a pot, bring broth to a boil over medium heat. Add onion, carrots, celery and garlic. Cover and simmer for 30 minutes.
3. Add tomatoes, pasta, basil, oregano and beans. Put heat on low. Cover and cook for 7 minutes.

Tips:

- Add different veggies each time you make this recipe (e.g., zucchini, peas, cabbage, sweet bell peppers).
- Add alphabet or animal shaped pasta instead.



1



2



3



Get Kids COOKING!

2-3 year olds:

wash veggies

3-4 year olds:

use a measuring cup to pour the broth

4-6 year olds:

measure ingredients

6-8 year olds:

use a can opener to open the beans and tomatoes, chop veggies

8-11 year olds:

cook soup on the stove

