

MIXED BEAN SOUP WITH PASTA

INGREDIENT LIST:

3 quarts vegetable broth	pepper, cored and cut into 1/2-inch dice
1, 28 ounce can crushed tomatoes with puree	1 small red bell pepper, cored and cut into 1/2-inch dice
1, 15 ounce can black beans, drained	8 cloves garlic, chopped
1, 15 ounce can garbanzo beans, drained	1 teaspoon ground oregano
1, 15 ounce can kidney beans, drained	1 teaspoon thyme
2 medium carrots, trimmed, scrubbed and cut into 1/2-inch dice	1 teaspoon rosemary
2 medium stalks celery, washed and cut into 1/2-inch dice	1 teaspoon basil
3/4 cup chopped onion	1 cup dry whole wheat pasta, Penne or Rotini
1 small green bell pepper	3 tablespoons balsamic vinegar
	pepper to taste

DIRECTIONS:

In large soup pot combine everything except pasta, vinegar, and black pepper; bring to a boil over high heat; reduce heat to low and simmer, partially covered until carrots are tender crisp, stirring occasionally.

Add pasta and cook until tender, about 10 minutes.

Stir in vinegar and season with pepper. Serve in warm bread bowls if desired.

* Great served in warm homemade bread bowls. See our recipe for Whole Wheat Bread Bowls.

TIP: To lower the sodium content of this soup either purchase unsalted beans, or simply rinse the canned beans thoroughly before using. You can also purchase unsalted vegetable stock and tomatoes. As you can see by the recipe we have not ADDED any salt; only herbs and pepper as seasonings.

Servings: 12

Calories/Serving: 210

Nutrition: One serving provides approximately: 10 g protein, 40 g carbohydrates, 6 g fiber, 1.5 g fat (0 g saturated), 0 mg cholesterol, 35 mcg folate, 3.5 mg iron and 1040 mg sodium (which could be reduced by following the "TIP" given above)



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A branch of the Wheat Foods Council