

Tuscan Pasta and Bean Soup

Serves 4

- 1 (15-ounce) can of kidney or pinto beans, drained and rinsed
- 2 teaspoons of olive or canola oil
- 1 cup chopped onion
- 1 (28-ounce) can of crushed tomatoes
- 2 (14.5-ounce) cans of low-fat, low-sodium chicken broth
- 2 teaspoons each of dried basil and parsley
- ¼ teaspoon black pepper
- ½ cup dried small pasta shells or macaroni

1. Heat oil in large saucepan over medium-high heat. Add onion and cook 2 to 3 minutes until tender.

2. Stir in tomatoes, broth, beans, 1/3 cup of water, basil, parsley and pepper. Bring to boil.

3. Add pasta, reduce heat to low. Cook 12 to 15 minutes or until pasta is tender.



Food for Thought

Beans offer a great source of protein and fiber, are low in calories and fat, and have B vitamins, calcium, potassium and folate!

Healthy Tip

To lower sodium by almost 40%, drain and rinse canned beans before using them.

