MACARONI AND CHICKPEA SOUP

SERVES 4

Try this easy-to-make soup for a delicious way to eat more veggies and protein!

INGREDIENTS

- 3 ½ cups chicken broth, fat-free, low-sodium
- 1 cup water
- 1 ¾ cup dry macaroni
- ½ teaspoon celery flakes or onion powder
- ½ teaspoon oregano
- 1 cup canned stewed tomatoes
- 1 cup green beans (frozen, fresh, or canned)
- 1 can chickpeas (garbanzo beans)
- ¼ teaspoon garlic powder

DIRECTIONS

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low.
2. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
3. Add stewed tomatoes, green beans, chickpeas (drained), and garlic powder. Simmer 5 minutes, or until macaroni is tender.

Source: USDA Recipe Finder; University of Connecticut Family Nutrition Program

NUTRITIONAL INFO: Serving Size: 1 ½ cup Calories: 370, Fat: 3.5 g, Sodium: 520mg, Fiber: 9g; Protein: 17g, Vitamin A: 8%, Vitamin C: 20%, Calcium: 8%, Iron: 25%

Visit the website for more recipes: www.extension.umn.edu/nutrition

SIMPLY GOOD EATING

USE WHOLE GRAIN NOODLES for added fiber to help feel fuller faster.

INCREASE YOUR VEGETABLE INTAKE by adding additional fresh, frozen, or canned vegetables.

DECREASE SODIUM by rinsing chickpeas (garbanzo beans) with water before using, or look for “reduced sodium” and “no salt added” canned goods. Avoid adding additional salt to the soup.

EXPERIMENT with your favorite spices to create new flavors.