

Pasta Bean Soup (makes 6 servings)

1 medium onion, chopped
1 clove garlic, minced
1 medium zucchini, chopped
1 cup mushrooms, sliced
4 cups chicken or vegetable broth
1/2 cup small pasta, such as Ditalini
1, 16 oz can tomatoes, no salt added
1, 15 oz can garbanzo beans, drained & rinsed
1/4 tsp basil
1/2 tsp thyme

Put all ingredients, except pasta, in a soup pan and bring to a boil. Once boiling, add pasta and cook soup until pasta is done. Reprinted with permission from Communicating Food for Health.

Soup Nutrition per 1 cup serving: 180 calories; 10 g protein; 31 g carbohydrates; 0 g total fat; 0 g saturated fat; 0 mg cholesterol; 6 g fiber; 330 mg sodium Meal Suggestion: This soup needs only a fresh country bread or baguette with herb cheese spread, and a fresh orange to make it a family meal.