

pasta e fagioli

Serves: 6 generously

Prep and Cook time: 30 min

Per serving: 218 calories, 3 g fat, 989 mg sodium

2 tsp olive oil	1 clove fresh garlic, minced, or 1 tsp bottled minced garlic	1 cup elbow macaroni
1 large onion (1 cup chopped)	2 cans (14 1/2 oz each) Italian- style stewed tomatoes	1 can (15 oz) red kid- ney beans
2 medium-size carrots (1 cup sliced)	1 tsp dried Italian seasoning (oregano, parsley, rosemary, thyme, and basil)	1 can (15 oz) white beans (navy beans)
3 cans (14 oz each) vege- table broth	1/3 cup shredded or grated Parmesan cheese, or to taste	1/4 tsp black pepper, or to taste

1. Heat the oil in a 4 1/2 quart Dutch oven or soup pot over medium heat. Peel and coarsely chop the onion and add it to the pan. Cook, stirring from time to time, while peeling and slicing the carrots into 1/4 inch-thick rounds. Add the carrots to the pot and cook, stirring frequently, until they begin to soften, about 3 minutes.

2. Add the garlic, broth, tomatoes with their juice, and Italian seasoning to the pot. Cover, raise the heat to high, and bring the soup to a boil.

3. When the broth comes to a boil, add the macaroni and cook, uncovered, at a rolling boil for 7 minutes. Meanwhile, rinse and drain the beans.

4. Add the beans and bring the soup back to a boil. Continue to cook until the macaroni is tender, about 3 minutes more. Season the soup with black pepper and serve, sprinkling the Parmesan cheese on top.

Kitchen Tip: Diced tomatoes flavored with Italian-style seasonings such as garlic, basil, and onions can be substituted.

You can also use homemade vegetable broth from bouillon cubes or powder.

