

Bean & Macaroni Soup

This cholesterol-free tasty dish is virtually fat free and is prepared with only 1 tablespoon of oil for 16 servings.

What you need:

- 2 cans (16 oz) great northern beans
- 1 Tablespoon olive oil
- 1/2 lb fresh mushrooms, sliced
- 1 cup onion, coarsely chopped
- 2 cups carrots, sliced
- 1 cup celery, coarsely chopped
- 1 clove garlic, minced
- 3 cups cut-up peeled fresh tomatoes or 1-1/2 lbs canned whole tomatoes cut up
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- black pepper to taste
- 1 bay leaf, crumbled
- 4 cups cooked elbow macaroni



(over for directions, nutritional information)

Bean & Macaroni Soup (continued)

How to make:

Drain beans and reserve liquid. Rinse beans. Heat oil in a 6-quart kettle; add mushrooms, onion, carrots, celery, and garlic and saute for 5 minutes. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf. Cover and cook over medium heat 20 minutes. Cook macaroni according to directions on package using unsalted water. Drain when cooked. Do not overcook. Combine reserved bean liquid with water to make 4 cups. Add liquid, beans, and cooked macaroni to vegetable mixture. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

Yield: 16 servings—Serving Size: 1 cup

Nutritional Information:

Calories: 158

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 154 mg*

* If using canned tomatoes, sodium would be higher.



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>