

Dinner Tonight!

HEARTY TWO-BEAN MINESTRONE

1 Tablespoon olive oil
1 medium onion, chopped
2 cloves garlic, finely chopped
4 Tablespoons tomato paste
¼ teaspoon Italian seasoning
¼ teaspoon crushed red pepper
½ cup uncooked whole wheat small shell-shaped pasta
2 - 14.5 ounce cans reduced-sodium chicken broth
1 - 15.5 ounce can reduced-sodium red kidney beans (drained and rinsed)
1 - 15.5 ounce can reduced-sodium garbanzo beans (drained and rinsed)
1 - 14.5 ounce can Italian-style stewed tomatoes (undrained)
2 cups chopped kale or Swiss chard (optional)
Grated Parmesan cheese (optional)

In a medium saucepan, heat oil over medium high heat until hot. Cook and stir onion and garlic 3 to 5 minutes or until onion is translucent. Add broth, beans, tomatoes, kale, or swiss chard (if desired), pasta and seasonings; bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until pasta is tender. Serve with Parmesan cheese.

Yield: 6 servings

Cost per serving: less than \$2.00

Cook's note: Add additional chicken broth to leftovers as soup thickens after it cools.

Nutrition facts per serving:

Calories: 357

Total Fat: 4 g

Cholesterol: 0 mg

Sodium: 745 g

Total Carbohydrate: 34 g

Protein: 17 g