

HEARTY BEAN AND PASTA STEW

Vegetarian

Serves: 4, 1 cup each

Nutrition (per serving)

Calories: 220

Total Fat: 2 g

Sodium: 720 mg

Total Carbohydrate: 40

Protein: 11 g

PREP TIME: 10 min

COOK TIME: 25 min

TOTAL TIME: 35 min

Ingredients

- 1 can (14-16 oz) chopped tomato or crushed tomato
- 3/4 cup uncooked macaroni shells (or other shape as desired)
- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped
- 1 Tbsp fresh or 1 tsp dried basil
- 1 tsp Worcestershire sauce
- 1 clove garlic, finely chopped
- 1 can (16 oz) kidney beans, drained

1 can (14.5 oz) chickn broth

1 can (8 oz) garbanzo beans, drained

Directions

1. Mix all ingredients in a 2 quart saucepan. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.