

Bean and Pasta Soup

Featured in Prairie Fare Blog:
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<http://prairiefare.areavoices.com/2012/11/21/try-some-high-volume-snacks-this-holiday-season/>

Ingredients:

- 1 medium onion, chopped
- 2 carrots, chopped
- 2 garlic cloves, minced
- 1 Tbsp. tomato paste
- 2 cans (15-ounce) navy or cannellini beans, drained and rinsed
- 4 c. reduced-sodium canned vegetable or chicken broth
- 3/4 c. short, tubular pasta

Directions:

- In stockpot, melt 2 tablespoons butter over medium heat. Add onions and carrots. Cook until vegetables are soft, about five minutes. Add garlic and cook for one minute. Stir in tomato paste, beans, broth and 4 cups water. Bring to a boil, reduce heat and simmer, partially covered, until soup has thickened slightly, about 10 minutes. With a potato masher, mash some of the beans (still in pot) to thicken soup. Add pasta and cook about 10 minutes.

Makes 6 servings. Per serving: 240 calories, 1 g grams (g) of fat, 46 g of carbohydrate, 9 g fiber, and 750 milligrams sodium.

NDSU EXTENSION
SERVICE