

PASTA E FAGIOLI

Serves 4

- 2 cups whole wheat elbow macaroni
- 1 (8-ounce) can tomato sauce, no salt added
- 3 cups reduced sodium chicken broth
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 2-4 cloves minced garlic, to taste
- 2 Tablespoons Olive oil
- 1/4 cup grated Parmesan cheese

Instructions:

Prepare pasta according to package directions and set aside after draining.

Meanwhile, in a stockpot, heat olive oil over medium heat and add garlic.

Cook gently for 30 seconds and add tomato sauce and broth. Bring to a boil, reduce heat and simmer for 10 minutes. Add beans, stir gently and return to a simmer. Add pasta to soup and stir to combine. Ladle into individual bowls and sprinkle with cheese.

Nutrition:

Per serving: 448 calories, 23 grams protein, 65 grams carbohydrates, 11 grams fiber, 13 grams fat (4 gram saturated), 12 milligrams cholesterol, 590 milligrams sodium.