

MAKE A GREAT PLATE.

Pasta and Bean Soup with Fresh Basil

INGREDIENTS

1 tbsp extra-virgin olive oil	1 can (15 oz.) no-salt-added red kidney beans, rinsed
2 cloves garlic, minced	1½ cups dry whole-grain fusilli
1 onion, diced	½ cup fresh chopped basil
2 carrots, diced	
7 cups water (or broth)	

DIRECTIONS

Add olive oil to large stockpot set over medium heat. **Add** garlic and onion, stirring about 3 minutes. **Add** carrots, and stir another minute. **Add** water and salt. Bring to a boil. **Add** kidney beans and pasta, cooking about 8 minutes (or according to package directions). **Serve** topped with fresh basil.

Makes 6 Servings. Each: 186 calories • 8g protein • 3g total fat • 35g carb • 4g sugar
9g fiber • 335mg sodium • 0g saturated fat • 2g mono fat • 1g poly fat

