



Bean and Macaroni Soup

Yield: 16 servings

Serving size: 1 cup

Ingredients:

2 cans (16 oz) great northern beans

1 tablespoon olive oil

½ pound fresh mushrooms, sliced

1 cup onion, coarsely chopped

2 cups carrots, sliced

1 cup celery, coarsely chopped

1 clove garlic, minced

3 cups peeled fresh tomatoes, cut up, or 1½ lbs. canned whole tomatoes, cut up

1 teaspoon dried sage

1 teaspoon dried thyme

½ teaspoon dried oregano

Black pepper, to taste

1 bay leaf, crumbled

4 cups elbow macaroni, cooked



Directions:

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in a 6-quart kettle; add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
3. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to directions on package using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.





Nutrition Facts: Calories: 158; Total fat: 1 g; Saturated fat: 1 g; Cholesterol: 0 mg;
Sodium: 154 mg*; Fiber: 5 mg; Protein: 8 mg; Carbohydrate: 29 g; Potassium: 524
mg

*If canned tomatoes are used, sodium will be higher.

Source: *A Healthier You*, Centers for Disease Control and Prevention



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