

# Hearty Bean & Pasta Stew

SERVES

MENU

Have you always thought beans required some sort of meat for flavoring? This recipe is a good example of how beans can taste great without meat. You must try this!

12

HEARTY BEAN & PASTA STEW  
TOSSED SALAD  
WHOLE-GRAIN BREAD

2 med onions  
1 green bell pepper, seeded

Chop into pieces.

2 T olive oil  
1 tsp minced garlic (2 cloves)

Heat in a large nonstick pot. Add onion and pepper. Sauté for 3 minutes on medium.

1 can (14.5 oz) stewed tomatoes  
1 (14.5 oz) chicken broth, 1/3 less sodium  
4 cups low-sodium vegetable juice  
2 cups water

Meanwhile... open cans and vegetable juice jar. Add to pot.

1 can (15 oz) each pinto beans, garbanzo beans and kidney beans

Open cans. Rinse and drain in colander. Add to pot.

2 T low-sodium chicken bouillon  
1 T dried oregano  
2 tsp dried basil  
1/4 tsp red pepper flakes (opt)  
25 grinds fresh ground pepper

Add and mix thoroughly. Bring pot to a boil.

4 cups small pasta shells, macaroni or corkscrew (preferably whole-wheat)

Add to pot. Set timer for 12 minutes. Meanwhile... make a salad and slice whole-grain bread.

12 T reduced-fat shredded mozzarella cheese  
12 tsp grated Parmesan cheese

Sprinkle 1 T mozzarella and 1 tsp Parmesan cheese on top of individual servings.

*This dish will keep in the frig. for up to 5 days and also freezes well.*

EXCHANGE VALUES

3 Starch 1 Meat 1 Veg. — Fruit — Milk — Fat

Nutrition information for 1 cup serving with mozzarella and Parmesan

Hands-on Time — 20 min.

Simmer Time — 12 min.

Calories .....	305	Fat .....	5 g	Fiber .....	11 g	Sodium .....	540 mg	Total Carbohydrate .....	52 g
Calories from Fat .....	13%	Saturated Fat .....	1.5 g	Cholesterol .....	4 mg	Protein .....	15 g	Sugars .....	10 g

Soups

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Lickety-Split Meals