

Bean and Macaroni Soup

From the U.S. Department of Health & Human Services

<https://health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#7>

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
- 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

Instructions

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.

Makes 16 servings

Nutrition information per serving

Calories: 158	Dietary Fiber: 5 mg
Total Fat: 1 g	Sodium: 154 mg
Saturated Fat: 1 g	Protein: 8 mg
Cholesterol: 0 mg	Carbohydrates: 29 g

