

Italian Pasta & Bean Soup

Serving Size 1 1/4 cups soup and 1 Tbsp cheese

Servings 8

Prep Time 5 min

Cook Time 40 min



Nutrition Information

Calories	232
Fat	4.5 g
Saturated fat	1.5 g
Protein	10 g
Carbs	36.2 g
Fiber	4.2 g
Cholesterol	5 mg
Sodium	497 mg

Health Benefit

High Fiber

A hearty soup that's perfect for dinner or lunch

Ingredients

- 1 Tbsp [olive oil](#)
- 1 cup [onion, chopped](#)
- 1 cup [carrot, sliced](#)
- 1/2 cup [green bell pepper, chopped](#)
- 2 [garlic cloves, crushed](#)
- 2 (14 oz) cans [less-sodium beef broth](#)
- 1 (28 oz) can [tomatoes, crushed](#)
- 1 (15 oz) can [cannellini beans, drained and rinsed](#)
- 1 (15 oz) can [red kidney beans, rinsed and drained](#)
- 1 and 1/2 tsp [dried Italian seasoning](#)
- 1/2 tsp [salt](#)
- 1/4 tsp [black pepper](#)
- 6 oz [uncooked ditalini pasta](#)
- 1/2 cup [Parmesan cheese, grated](#)

Directions

1. Heat oil in a large Dutch oven coated with cooking spray over medium-high heat. Add onion, carrot, bell pepper, and garlic; sauté until vegetables are crisp-tender.
2. Add beef broth, tomatoes, cannellini beans, kidney beans, Italian seasoning, salt, and black pepper; bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
3. Add pasta to vegetable mixture. Cover and cook 10 to 15 minutes, or until pasta is tender. Ladle soup into individual bowls; top each serving with 1 Tbsp cheese.

Tip: Whole-wheat or whole-grain pasta will add heart-healthy fiber to this dish.

All-New Complete Step-by-Step Diabetic, Oxmoor House 2006