

Italian Pasta and Bean Soup

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Servings: 6

Preparation Time: 5 minutes

Start to Finish Time: 25 minutes

1 tablespoon olive oil

1 medium onion, chopped

Kosher salt

pepper

1 clove garlic, finely chopped

6 cups low-sodium chicken broth

1 1/2 cups farfallini (small bowtie pasta) or other small pasta

2 cans (15 oz) cannellini beans, rinsed

1 can (14.5 oz) diced tomatoes in juice

1/2 cup fresh flat-leaf parsley, chopped

1/4 cup (1 oz) Parmesan cheese, grated

Heat the oil in a large saucepan over medium-high heat.

Add the onion, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring, until beginning to soften, about 4 to 5 minutes.

Add the garlic and cook, stirring, for 1 minute (do not let it brown).

Add the broth and pasta and bring to a boil.

Reduce the heat and simmer until the pasta is just tender, about 8 to 10 minutes.

Stir in the beans and tomatoes. Cook until heated through, about 2 minutes.

Remove from the heat and stir in the parsley.

Serve with the Parmesan.

Per Serving (excluding unknown items): 285 Calories; 5g Fat (14.6% calories from fat); 27g Protein; 45g Carbohydrate; 11g Dietary Fiber; trace Cholesterol; 58mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.