



www.AchieveFitnessUSA.com

Bean and Pasta Soup

- 4 cups Fat Free Reduced Sodium Chicken Broth
- 1 can (15oz) whole tomatoes blended into liquid
- 16 oz. vegetable based macaroni
- 1 can kidney beans, drained and rinsed
- 1 can white navy beans, drained and rinsed
- 2 cloves garlic, minced
- 1 medium zucchini, sliced
- 1 tbsp lemon juice
- 1 tsp dried thyme
- black pepper

Mix broth and tomatoes and bring to boil in large pot. Add macaroni and zucchini and reduce heat. When macaroni is soft, add additional ingredients. Simmer over low heat for 15 minutes. Use black pepper for taste.