

# Hearty Bean & Pasta Stew

Hands-on - 20 min. Simmer - 12 min.

Serves 12

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!

## Menu

*Hearty Bean & Pasta Stew*  
*Tossed Salad*  
*Whole-Grain Bread*  
*Sliced Kiwi and Oranges*

2 med 1	onions green bell pepper, seeded	Chop into pieces.
2 T 1 tsp	olive oil minced garlic (2 cloves)	Heat in a large nonstick pot. Add onion and pepper. Sauté for 3 minutes on medium.
1 can 1 can 4 cups 2 cups	(14½ oz) diced tomatoes, no salt added (14½ oz) chicken broth, 1/3 less sodium low-sodium vegetable juice water	<i>Meanwhile</i> , 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 1 T 2 tsp 1/4 tsp 25 grinds	low-sodium chicken bouillon dried oregano dried basil red pepper flakes (opt) fresh ground pepper	Add and mix thoroughly. Bring pot to a boil.
4 cups	whole-wheat small pasta shells, macaroni or corkscrews, dry	Add to pot. Set timer for 12 minutes. <i>Meanwhile</i> , make a salad and slice whole-grain bread.
12 T 12 tsp	reduced-fat shredded mozzarella cheese† grated Parmesan cheese	Sprinkle 1 T mozzarella and 1 tsp Parmesan cheese on top of individual servings.



†See reduced-fat cheese tip on page xi (introduction).



Nutrition information for 1 cup serving with mozzarella and Parmesan

Calories	300	Fat	5 g	Fiber	9 g	Sodium	480 mg	Total Carbohydrate	52 g
Calories from Fat	15%	Saturated Fat	1 g	Cholesterol	4 mg	Protein	15 g	Sugars	10 g