



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Recipe of the Month – January

Quick Garbanzo Bean Soup

Serves 8

Serving Size: 1 ¼ cups

Ingredients:

- ½ onion, chopped
- 3 garlic cloves or ½ tsp. garlic powder
- 2 tsp vegetable oil
- 1 can low-sodium vegetable or chicken broth (14.5 ounce can)
- 1 can diced tomatoes (14.5 ounce can)
- 2 ½ cups water
- 1 can low-sodium garbanzo beans, drained and rinsed (15.5 ounce can)
- ¾ cup carrots (about 12-15 baby carrots)
- 1 tsp Italian seasoning
- ¼ tsp salt
- 1 cup whole wheat pasta (rotini, shells, etc.)
- 1 small zucchini, sliced (about 1-2 cups sliced)

Directions:

1. Wash, peel, and chop onion
2. Peel and mince garlic cloves
3. Heat oil in a large saucepan
4. Add onion and garlic
5. Cook over medium low heat for 5 minutes
6. Add broth, tomatoes, and water to saucepan
7. Stir in garbanzo beans, carrots, and seasonings
8. Cook on medium high heat about 5 minutes
9. Stir in pasta and zucchini
10. Reduce heat to medium low
11. Simmer about 10 minutes or until the pasta is tender
12. Serve immediately or refrigerate

NUTRITION FACTS PER SERVING: Calories 130, Total Fat 2.5g , Saturated Fat 0g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrate 24g, Dietary Fiber 4g, Sugars 3g, Protein 6g , Vit A 45%, Vit C 25%, Calcium 4%, Iron 10%

Recipe compliments of: *Healthy & Homemade 2013 Nutrition & Fitness Calendar*