

Healthy Harvest® Pasta Sauce Tomato Macaroni Soup

Preparation Time: 15 minutes

Cooking time: 30 minutes

Servings: 6



Using pasta sauce to make soup is a great way to add flavour and save time.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Tomato and Herbs**

1 tbsp (15 mL) olive oil

1 onion, chopped

8 oz (250 g) mushrooms, sliced

1/2 tsp (2 mL) each salt and pepper

6 cups (1.5 L) sodium-reduced chicken broth

1 can (540 mL) cannellini beans, drained and rinsed

1 cup (250 mL) **Catelli Smart®** Macaroni (uncooked)

4 cups (1 L) thinly sliced Swiss chard or spinach

Instructions

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1. Heat oil in a large saucepan set over medium heat. Add the onion, mushrooms, salt and pepper. Cook for 10 minutes or until softened.
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2. Add the broth, pasta sauce and beans; bring to a boil. Simmer for 10 minutes. Add the uncooked macaroni and Swiss chard. Cook for 5 minutes or until tender. Adjust salt and pepper to taste.
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Tip: Add hot pepper flakes with the mushrooms for a soup with some heat.

Nutritional Information per serving:

143 calories, 2.5 g fat, 0.3 g saturated fat, 0 mg cholesterol, 751 mg sodium, 21 g carbohydrates, 4 g fibre, 7 g sugar, 8 g protein.



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