

Pasta and Beans

1. In a pot bring to a boil:

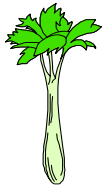
water 4 cup

2. Stir in:

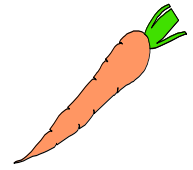
macaroni 2 cup

Cook for 8 minutes or until tender. Drain and set aside.

2. In a large pot, add:



tomatoes 1 can (540 mL)
carrots, diced 2 medium
celery, chopped 2 stalks
onion, chopped 1 medium
oregano, dried 1 teaspoon
parsley, dried 1 teaspoon
garlic powder $\frac{1}{4}$ teaspoon



Bring to a boil, then lower heat. Simmer vegetables for about 20 minutes. Stir occasionally.

3. Add:

macaroni, cooked
kidney beans, drained 1 can (14 oz)
salt and pepper to taste

Simmer for 10 minutes or longer.

Serves 4

Source: The Basic Shelf Cookbook, 1995

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsम्म.ca

March 2001