Tomato Bean Soup with Cheese

Ingredients:

Diced tomatoes	1 can (796 mL)
Beans in tomato sauce	1 can (398 mL)
Water	2½ cups
Basil	1 teaspoon
Parsley	1 teaspoon
Salt	1 teaspoon
Whole wheat macaroni*	1½ cups
Cheddar cheese, grated (optional)	½ cup

* Use regular macaroni if you do not have whole wheat macaroni

Directions:

1. Add all ingredients (except cheese) to a large pot. Bring to a boil over high heat.
2. Turn heat down to medium and cover pot with lid. Cook for 10-12 minutes or until macaroni is tender. Stir often so the ingredients do not stick to the bottom of the pot.
3. Serve soup in bowls. If using cheese, sprinkle it on top.

Serves 6

Tips:
- Add in canned or frozen corn (1 cup) for added flavour and nutrition.
- Serve with a whole wheat biscuit, bun or bannock.
- Whole wheat macaroni has double the fibre of white macaroni. Fibre helps you to feel full longer and helps to prevent constipation.

Healthy Start