

Tomato Bean Soup with Cheese

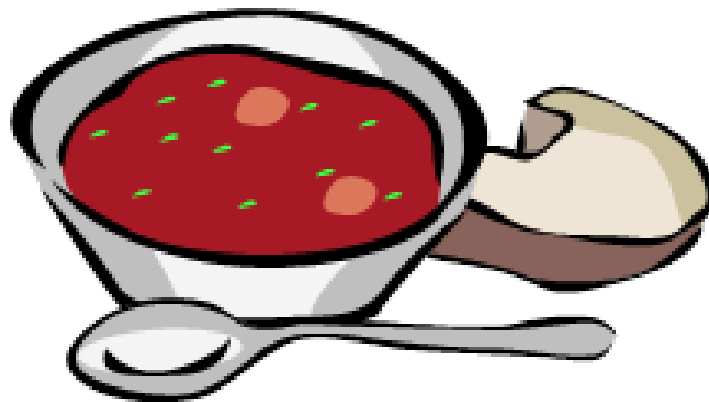
Ingredients:

Diced tomatoes	1 can (796 mL)
Beans in tomato sauce	1 can (398 mL)
Water	2 cups
Basil	1 teaspoon
Parsley	1 teaspoon
Whole wheat macaroni	1 cup
Cheddar cheese, grated	1/2 cup

Directions:

1. Add all ingredients (except cheese) to a large pot. Bring to a boil over high heat.
2. Turn heat down to low and simmer for 13-15 minutes or until macaroni is tender. Stir occasionally so the beans do not stick to the bottom of the pot.
3. Serve soup in bowls with cheese sprinkled on top.

Serves 6



Tips:

- Add in a can of corn or 1 cup frozen corn 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. Fibre can also lower your risk of diabetes and heart disease.