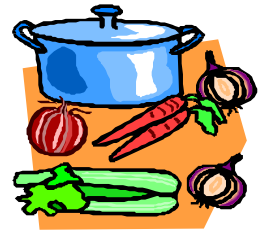


Tuscan Stew



1. In a pot over medium heat, add:

Oil	1 teaspoon
Onion, chopped	1
Garlic, finely chopped	2 cloves or 1 tsp of garlic powder
Oregano	1 teaspoon
Pepper	1/4 teaspoon
Salt	1 teaspoon
Red pepper flakes	1/4 teaspoon
Basil	1/2 teaspoon

Cook until soft, about 5 minutes. Stir often.

2. Add:

Water	1 1/2 cups
Whole wheat rotini	1 cup

Bring to a boil. Cook for about 10 minutes until pasta is tender.

3. Add:

Tomatoes, diced	1 can (398 ml)
Chickpeas, drained	1 can (540 ml)
Mixed vegetables, drained & rinsed	1 can (398 ml)

Cook on medium-low heat and simmer for about 8-10 minutes. Stir occasionally.

4. Serve and enjoy!

Serves 6

Did you know...

Chickpeas are a legume also known as garbanzo beans, ceci beans, channa and Bengal gram. They are an excellent source of iron, folate, phosphorus, protein and fiber.