

Macaroni Chickpea Soup

This savory soup is packed with tomatoes, green beans, and chickpeas. The recipe also doubles easily if leftovers are desired or if you are making it for a large group.

Makes: 4 servings

Ingredients

- 3 ½ cups low-sodium chicken broth
- 1 cup water
- 1 ¾ cups dry macaroni pasta
- ½ teaspoon celery flakes (or onion powder)
- ½ teaspoon oregano
- 1 cup low-sodium stewed tomatoes
- 1 cup green beans
- 1 can low-sodium chickpeas (garbanzo), drained and rinsed (15 ounces)
- ¼ teaspoon garlic powder



Directions

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low.
2. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
3. Add stewed tomatoes, green beans, chickpeas, and garlic powder.
4. Simmer 5 minutes, or until macaroni and green beans are tender.

Recipe from: *Senior Nutrition Awareness Project Newsletters*, University of Connecticut Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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