

Bean Soup

Makes: 8 Servings

This is a delicious way to use dried pinto beans. Prepare this soup with pinto beans and with or without meat.

Ingredients

- 1 cup** dry pinto beans (soaked and drained)
- 4 cups** low sodium chicken broth
- 4 cups** water
- 2 cups** tomato sauce (tomato juice, or canned crushed tomatoes)
- 1** onions (chopped, or 2)
- 1 teaspoon** dried oregano or basil (if you like)
- 1/4 cup** uncooked pasta (rotini, dry)

Directions

1. Place beans, broth, water, tomato sauce, juice, or tomatoes, and onion in a pot. If using oregano or basil, add that too.
2. Cover and cook on medium heat for 2 to 3 hours.
3. Add pasta. Cook until soft.
4. Serve hot.

Source: Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	120 mg
Total Carbohydrate	30 g
Dietary Fiber	8 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	70 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	