



One-Pot Bean & Veggie Soup

Ingredients

- 10.5-ounce can condensed low-sodium tomato soup
- 2 cups low-sodium chicken broth
- 15-ounce can mixed vegetables
- 15-ounce can lima beans
- 1 tablespoon chili powder (optional)
- 1 tablespoon garlic powder
- 7.25-ounce box mac & cheese (not using cheese mix)

Note: Chicken broth can be substituted with vegetable broth to make this recipe vegetarian. Replace the macaroni with rice noodles or spaghetti for a more traditional soup.

Additional Ingredients to Try: basil, bell peppers, celery, cumin, curry, epis, garlic, ginger, onion, oregano, parsley, sage, scallions, thyme

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G L E A N E R S

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Directions

1. Pour tomato soup into a large pot and fill can with water and add to pot. Add chicken stock to pot and begin heating over medium-high heat.
2. Pour vegetables and beans into colander and rinse with cool running water for 1 minute, mixing occasionally.
3. Add vegetables, spices, and beans to pot and bring to boil.
4. Discard or save cheese mix from box and add raw macaroni noodles to soup and cook for 10-12 minutes or until noodles are tender. Stir occasionally. Additional water can be added for desired consistency.
5. Serve warm soup with whole grain crackers, toast, or rice.

Nutrition Info

Makes 6 servings, 2 cups per serving
Per Serving: 233 calories, 10 g protein, 1 g fat, 44 g carbs, 7 g fiber, 443 mg sodium