

Macaroni Chickpea Soup

INGREDIENTS

- 3 ½ cups low-sodium chicken broth
- 1 cup water
- 1 ¾ cup dry macaroni noodles
- 1 cup low-sodium stewed tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons olive oil
- 1 cup green beans
- 1, 15oz can chickpeas, drained and rinsed
- ½ teaspoon onion powder
- ½ teaspoon oregano
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon pepper

4 SERVINGS

15 MINUTES



Adapted from:
[myplate.gov](https://www.myplate.gov)



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PROCEDURE

1. In a large saucepan on medium heat, add olive oil, onion powder, garlic powder, and oregano. Stir for 30 seconds, or until fragrant.
2. Add tomato paste to pan and toast for 1-2 minutes.
3. Add water and chicken broth to pan and bring to a boil. Once boiling, reduce heat to low.
4. Add macaroni, stewed tomatoes, green beans, chickpeas, salt, and pepper to pot.
5. Add macaroni, oregano, and onion powder. Simmer for 4 minutes, stirring occasionally.
6. Simmer 6 - 7 minutes, or until macaroni and beans are tender.

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