Macaroni Soup with Vegetables

Source: Gloria Huerta, Food for Life instructor, Los Angeles

This hearty soup is packed with protein, fiber, vitamins, and antioxidants!

About the Recipe

432 Calories · 15 g Protein · 7 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 4 c (950 mL) water
- 12 oz (340 g) macaroni or any variety of small-shaped pasta
- 2 carrots, peeled and chopped
- 3 celery stalks, chopped
- 2 cloves garlic, chopped
- 1/4 onion, chopped
- 1 zucchini, chopped
- 4 oz (113 g) spicy tomato sauce
- 2 oz (57 g) tomato sauce
- 1 small twig of fresh marjoram or 1 dry teaspoon
- 1 small twig of fresh thyme or 1 dry teaspoon
- 1 lime, juiced
- to taste purple cabbage for garnish
- Iodized salt **optional*
- 1 tsp (5 mL) sesame seeds **optional*
- to taste spicy paprika **optional*

Directions

1. Brown the macaroni in a pan, being careful not to burn them.
2. Add water, carrots, celery, garlic, and onion. Cook over medium heat for 5 minutes.
3. Add the zucchini, the spicy and regular tomato sauces, and the herbs, and lower the heat and cook for another 5 minutes. Test the consistency of the macaroni. It should be firm but well cooked. Add 3 pinches (0.9 mL) of salt, if desired.
4. Sprinkle with toasted sesame seeds, spicy paprika, and shredded purple cabbage. Squeeze lime juice in each bowl. Serve.

Nutrition Facts

Per serving (1/4 of the recipe)

Calories: 432
Fat: 3 g
    Saturated Fat: 0 g
    Calories from Fat: 5%
Cholesterol: 0 mg
Protein: 15 g
Carbohydrate: 88 g
Sugar: 11 g
Fiber: 7 g
Sodium: 600 mg
Calcium: 62 mg
Iron: 4 mg
Vitamin C: 14 mg
Beta-Carotene: 3,266 mcg
Vitamin E: 1 mg
Potassium: 524 mg