

# 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