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

- water (4 cups)
- macaroni or any variety of small-shaped pasta (12 ounces)
- carrots, peeled and chopped (2)
- celery stalks, chopped (3)
- garlic, chopped (2 cloves)
- onion, chopped (1/4)
- zucchini, chopped (1)
- spicy tomato sauce (4 ounces)
- tomato sauce (2 ounces)
- small twig of fresh marjoram or 1 dry teaspoon (1)
- small twig of fresh thyme or 1 dry teaspoon (1)
- lime, juiced (1)
- purple cabbage for garnish (to taste)
- salt (3 pinches)
- spicy paprika (to taste)

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 of salt, to taste.
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