

Garbanzo Bean Soup

Serve this awesome bean-and-pasta soup with fried corn sticks. To make the corn sticks, cut baked gluten-free corn bread into narrow rectangles and fry the pieces in a little butter.

WHAT YOU NEED:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 14.5-ounce can petite diced tomatoes, undrained, or 1½ cups peeled and diced fresh tomatoes
- 2 cups gluten-free chicken broth such as Better Than Bouillon®
- 1 15.8-ounce can garbanzo beans, rinsed and drained
- 2 tablespoons chopped fresh basil
- 1 8-ounce package gluten-free elbow-style corn pasta
- Shredded Parmesan cheese (optional)

TO MAKE THE SOUP:

- 1 In a large saucepan heat olive oil on medium heat. Add onion and cook until tender. See Photo A.
- 2 Add tomatoes with juice and cook for 5 minutes, stirring occasionally. See Photo B.



- 3 Add chicken broth, garbanzo beans, and basil. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. See Photo C.
- 4 Meanwhile, cook pasta as directed on package. Drain well. Add to tomato mixture and stir to combine. See Photo D.
- 5 Ladle soup into bowls. Top with Parmesan cheese. Serves 8.

Nutrition Per Serving:

229 calories, 6g fat, 1g saturated fat, 3mg cholesterol, 373mg sodium, 39g carbohydrate, 6g fiber, 8g protein

