

Macaroni Chickpea Soup

This savory soup is packed with tomatoes, green beans, and chickpeas. The recipe also doubles easily if leftovers are desired or if you are making it for a large group.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 10 minutes

Source:
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/macaroni-chick-pea-soup>



Small Changes,
BIG Difference!

Ingredients

- 3 1/2 cups chicken broth, fat-free, low sodium
- 1 cup water
- 1 3/4 cups macaroni (dry)
- 1/2 teaspoon celery flakes (or onion powder)
- 1/2 teaspoon oregano
- 1 cup stewed tomatoes, low-sodium
- 1 cup green beans
- 1 can chickpeas, low-sodium (garbanzo beans)
- 1/4 teaspoon garlic powder



Directions

1. Wash hands with soap and water.
2. In a large saucepan, bring broth and water to a boil. Reduce heat to low.
3. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
4. Add stewed tomatoes, green beans, chickpeas (drained), and garlic powder.
5. Simmer 5 minutes, or until macaroni and beans are tender.

Nutrition Information

Serving Size: 1 1/2 cups	
Nutrients	Amount
Calories:	306
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	215 mg
Total Carbohydrates:	53 g
Dietary Fiber:	8 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	16 g

Utensils Needed

- Large Saucepan
- Measuring Cups
- Measuring Spoons
- Can Opener
- Large Spoon
- Colander

SHOPPING LIST

Average total cost without oil and seasonings: \$7.31

Average cost/serving: \$1.83

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
32 oz. Chicken Broth



Add 1 to Cart:
Dry Macaroni, 16 oz. box



Add 1 to Cart
Stewed Tomatoes, Low-Sodium, 15 oz. can



Add 1 to Cart
Green Beans, 1 cup



Add 1 to Cart
Chickpeas (Garbanzo Beans)
Low-Sodium, 15 oz. can

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Consider choosing whole grain macaroni to add more fiber to this dish!
- Add fresh, frozen, or canned green beans to this recipe. If choosing canned, look for low-sodium.
- Broth can also be found in low-sodium varieties. You can purchase low-sodium products at the same price as the regular sodium varieties and cut down on your sodium intake.

Similar Recipes

- Cut costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Minestrone Soup
 - Bean and Veggie Soup
 - Pasta Con Cici