



ANA's Kitchen Corner

Tomato Bean Soup with Cheese

Ingredients:

Diced tomatoes 1 can (796 mL)

Beans in tomato sauce 1 can (398 mL)

Water 2 cups

Basil 1 teaspoon

Parsley 1 teaspoon

Whole wheat macaroni 1 cup

Cheddar cheese, grated 1/2 cup

Directions:

1. Add all ingredients (except cheese) to a large pot. Bring to a boil over high heat.
2. Turn heat down to low and simmer for 13-15 minutes or until macaroni is tender. Stir occasionally so the beans do not stick to the bottom of the pot.
3. Serve soup in bowls with cheese sprinkled on top.

Serves 6

From: www.hsम्म.ca

Ana's Kitchen tips & tricks: Scoop out the pit with a Melon baller tool or ice cream scoop carefully as it will make a mess. Slice avocados right in the skin to make neat cubes. Avocado is one of my favourite fruit to have at home with my meals and a bonus, one of my babies like it too!!