

Wellness Tips Recipe Card

Print and cut along the dotted line to add this card to your collection.

Winter Soup

2 tablespoons canola oil
1 medium onion, chopped
2 (14 ½-oz) cans fat-free chicken broth, or same amount of homemade broth
¾ cup tomato sauce
½ cup macaroni, uncooked
1 (15-oz) can white beans (cannelloni or Great Northern beans), drained
Pepper to taste

Heat oil in a large soup pot over medium low heat. Add onion and cook for 3 minutes. Add broth and tomato sauce, bring to a boil, then stir in macaroni. Reduce heat, cover and simmer for 10 minutes. Add pepper to taste, then stir in white beans. Heat mixture thoroughly. Serve in soup bowls with croutons, cornbread, crackers, or a sprinkle of Parmesan cheese. Makes 4 to 6 servings.

Approximate nutrients per serving: 295 calories, 8 grams of fat

Source: American Cancer Society



Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.

