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Mediterranean Pasta Soup

Prep and cook time: 25 minutes

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 39g	13%
Dietary Fiber 8g	31%
Sugars 8g	
Protein 13g	

Vitamin A 4%	•	Vitamin C 6%
Calcium 10%	•	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

What you need:

- 2 teaspoons olive oil
- ½ cup diced onion
- 1½ cups water
- 16 ounces chicken broth
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- 1 can garbanzo beans (chickpeas), drained
- 1 can diced tomatoes
- ½ cup uncooked ditalini pasta (short tube-shaped macaroni)
- 2 teaspoons chopped parsley

Equipment and supplies:

- Measuring cups and spoons
- Knife for chopping
- Large stock pot

What to do:

1. Heat olive oil in pot over medium heat. (Be sure to get an adult's help when using the stove.)
2. Add onion and sauté until lightly browned.
3. Add water and next 6 ingredients.
4. Bring to a boil, cover, and reduce heat. Simmer for 5 minutes.
5. Add pasta and cook additional 10 minutes, or until pasta is tender but not overcooked.
6. Stir in parsley.

How much does this recipe make?
8 1-cup servings

Reviewed by: Mary L. Gavin, MD
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