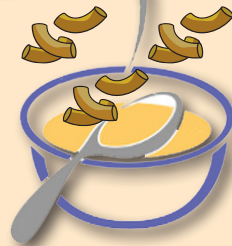


Speedy Vegetable Noodle Soup

Ingredients:

(Serves 4-6)

- 16 ounces frozen vegetables (any type, but mixed vegetables might be the most fun!)
- 1 28-ounce can stewed tomatoes (low-sodium if available)
- 1 28-ounce can broth (any type, but look for low-fat or non-fat and low sodium)
- 1 15-ounce can pinto beans, drained and rinsed (or other type)
- 1 cup dry whole wheat pasta (any type)



Directions:

- 1** In a large pot, combine the vegetables, tomatoes, broth and beans.

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- 2 Bring the soup to a boil and add the whole wheat pasta.
- 3 Turn the heat down to low and simmer for 6-8 minutes, or until the pasta is tender.
- 4 Allow to cool for a few minutes and serve!

Tips:

1. If whole wheat pasta is a new taste for you, try blending it with regular pasta until you get used to the different flavor and texture.
2. Remember to cut all foods into pieces no larger than $\frac{1}{2}$ an inch to prevent choking in small children.
3. Feel free to use fresh vegetables instead of frozen. You may also use cooked beans that have been prepared from dry.



Child Health Initiative for Lifelong Eating & Exercise