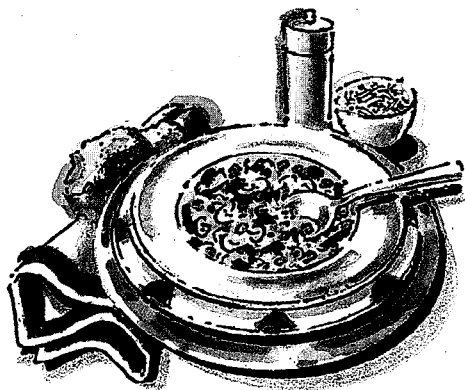


# SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset* readers, tested in *Sunset* kitchens

## Pasta and Bean Soup

Gina Stanziano Matthews, Palo Alto, California



*BEANS AND PASTA merge with vegetables in a healthful soup.*

- 1 large (about ½ lb.) red onion, chopped
- 1 teaspoon olive oil
- 1 cup chopped celery
- 4 cloves garlic, chopped
- 2½ quarts regular-strength chicken broth
- 1½ cups dried small pasta shells
- 3 to 4 cups cooked or canned white beans, drained
- 1 cup shredded carrots
- 1 box (10 oz.) frozen petite peas
- Grated parmesan cheese

Set aside ½ cup onion. In a 6- to 8-quart pan, stir remaining onion, oil, celery, and garlic over medium-high heat until onion is lightly browned, 5 to 8 minutes. Add broth and bring to a boil. Stir in pasta and beans; cover and simmer until pasta is tender to bite, 5 to 7 minutes. Add carrots and peas; bring to a boil.

Ladle soup into wide bowls. Sprinkle with reserved onion. Add parmesan cheese to taste. Serves 6 to 8.

*Per serving: 246 cal. (12 percent from fat); 14 g protein; 3.2 g fat (0.7 g sat.); 41 g carbo.; 141 mg sodium; 0 mg chol.*