

Hearty Bean and Pasta Stew



Serves 4

Ingredients:

- 1 cup coarsely chopped tomato
- $\frac{3}{4}$ cup uncooked macaroni shells
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup chopped green bell pepper
- 1 tbsp chopped fresh basil
- 1 tsp Worcestershire sauce
- 1 clove garlic finely chopped
- 1 can (500 g) kidney beans, drained
- 1 cup water
- 1 can (227 g) garbanzo beans, drained

Procedure:

- Mix all ingredients in a saucepan.
- Heat to boiling, stirring occasionally; reduce heat.
- Cover and simmer for about 15 minutes, stirring occasionally, until macaroni is tender.

Per serving:

- Calories: 220
- Protein: 11 gm
- Carbohydrates: 40 gm
- Fat: 2 gm

Served with salad, this makes a nutritious and very colorful meal.