



GARBANZO BEAN SOUP

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 30 minutes

SERVES: 10

INGREDIENTS

- 1 cup onion, diced
- 3 garlic cloves, minced
- 1 tbsp. of canola or olive oil
- 1 can low sodium vegetable or chicken broth
- 1 can dice tomatoes, low sodium
- 2 ½ cups water
- 1 can (15.5 ounces) low sodium garbanzo bean, drained and rinsed
- 1 cup sliced carrots
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt
- 1 cup whole wheat pasta (rotini, shells, etc.)
- 1 small zucchini, sliced

PREPARATION

1. Heat oil in a large saucepan over medium low. Add onion and garlic and cook over medium low for 5 minutes.
2. Add broth, tomatoes, and water to saucepan. Stir in garbanzo beans, carrots and seasoning and cook for about 5 minutes.
3. Stir in pasta and zucchini and simmer for about 10 minutes or until pasta is tender.
4. Serve and enjoy.

SOURCE

<https://spendsmart.extension.iastate.edu/recipe/garbanzo-bean-soup/>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

10 servings per container
Serving size 1 cup (174g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 290mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev11/29
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



SOPA DE GARBANZO

TIEMPO DE PREPARACIÓN: 15 minutos

COOK TIME: 30 minutes

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 10

INGREDIENTES

- 1 taza de cebolla, picada
- 3 clavos de ajo, en trocitos
- 1 cucharada de aceite de canola u oliva
- 1 lata de caldo vegetal o de pollo, bajo en sodio
- 1 lata de jitomates, picados y bajo en sodio
- 2 ½ tazas de agua
- 1 lata de garbanzo, bajo en sodio, lavados y escurridos
- 1 taza de zanahorias, rebanadas
- 1 cucharadita de especias italianas
- ¼ cucharadita de sal
- 1 taza de pasta integral (rotini, penne, macarrones)
- 1 taza de calabaza, rebanada



PREPARACIÓN

1. Calentar el aceite en una cazuela grande sobre temperatura baja. Agregar la cebolla y ajo y cocinar por 5 minutos sobre temperatura mediana alta.
2. Agregar el caldo, tomates, y agua y cocinar por 3 minutos. Anadir los garbanzos, zanahorias y las especias y cocinar por 5 minutos más.
3. Anadir y revolver las pasta y la calabaza y cocer hasta que la pasta este blanda, aproximadamente 10 minutos.

FUENTE

<https://spendsmart.extension.iastate.edu/recipe/garbanzo-bean-soup/>

Receta modificada por CHOICES Programa Educativo de Nutrición

Nutrition Facts

10 servings per container

Serving size 1 cup (174g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 290mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades. Rev11/29

Este material fue financiado en parte por el programa del USDA – SNAP en inglés