



eat well, anytime,  
anywhere

## Elmo's Everything Soup

### INGREDIENTS

- 1 cup navy beans, cooked
- 1 can (15 oz.) diced tomatoes,  
no salt added
- 1 cup corn (fresh,  
frozen, or canned)
- 1 cup green beans (fresh,  
frozen, or canned), chopped
- ½ cup onion, chopped
- 1 stalk celery, chopped
- ½ tsp. dried basil or  
Italian seasoning
- ¼ tsp. black pepper
- 2 cups water
- 1 cup whole-wheat elbow  
macaroni, cooked

### INSTRUCTIONS

- » Place all ingredients in a large pot. Bring to a boil.
- » Turn down heat and cover pot. Simmer for 15 minutes.
- » Stir in cooked macaroni and serve.

Makes 4 servings.  
Each serving provides  
216 calories, 8 grams protein,  
43 grams carbohydrate,  
1.3 grams fat, 25 milligrams  
sodium, 8 grams fiber.

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[SESAMESTREET.ORG/FOOD](http://SESAMESTREET.ORG/FOOD).

Recipe courtesy of the  
National WIC Association

