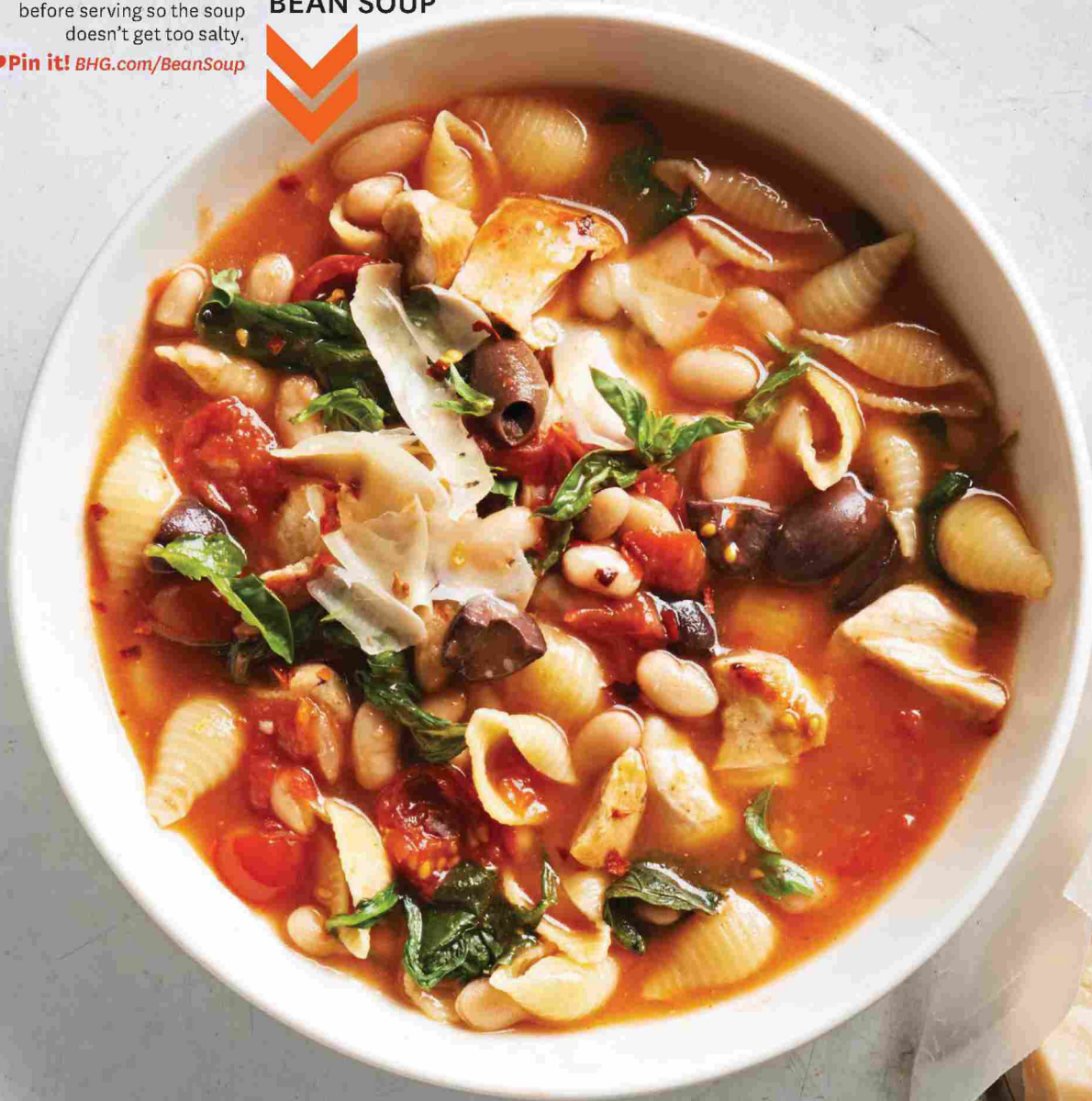


Chopped kalamata olives scattered over the soup give it a briny pop. Add them right before serving so the soup doesn't get too salty.

♥ Pin it! BHG.com/BeanSoup

FRESH BASIL AND NAVY BEAN SOUP



WHAT YOU NEED

- 4 cups reduced-sodium chicken broth
- 4 oz. dried medium shell pasta
- 1 14½-oz. can diced tomatoes, undrained
- ¼ tsp. crushed red pepper (optional)
- 1 15- to 16-oz. can navy beans, rinsed and drained
- 1 cup chopped cooked chicken breast
- 1 cup fresh arugula
- ½ cup chopped fresh basil
- 1 Tbsp. extra-virgin olive oil

1. In a 4-qt. Dutch oven bring broth to boiling. Add pasta, undrained tomatoes, and crushed red pepper, if desired. Return to boiling; reduce heat. Cover; cook 10 minutes or until pasta is just tender.

2. Stir in remaining ingredients; heat through. Season to taste with salt and pepper. Top with Parmesan cheese and basil leaves.

EACH SERVING 293 cal, 5 g fat, 30 mg chol, 1,114 mg sodium, 39 g carb, 7 g fiber, 23 g pro.