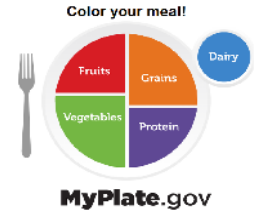




MACARONI CHICKPEA SOUP



Ingredients:

- 3 1/2 cups chicken broth, fat-free, low sodium
- 1 cup water
- 1 3/4 cups whole wheat macaroni (dry)**
- 1/2 teaspoon celery flakes (or onion powder)
- 1/2 teaspoon oregano

- 1 cup stewed tomatoes, no salt added**
- 1 cup green beans, no salt added**
- 1 can chickpeas (garbanzo beans)**
- 1/4 teaspoon garlic powder

Directions:

1. Wash hands with soap and water
2. In a large saucepan, bring broth and water to a boil. Reduce heat to low.
3. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
4. Add stewed tomatoes, green beans, chick-peas (drained and rinsed), and garlic powder.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

food BANK **MiDHHS**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

866.586.2796

**هل لديك "بطاقة الفود
ستامب" BRIDGE CARD?**



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the QR code below for more resources!



linktr.ee/gleanersnutritioneducation

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!