

Italian White Bean Soup

What you need:

- 2 cans (15.5 oz. each) white kidney beans (cannellini) or Great Northern beans, drained and rinsed
- 4 cups non-fat, reduced sodium chicken broth, divided
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 can (16 oz.) whole tomatoes with no salt, undrained, chopped or 4-6 fresh plum tomatoes
- 2 teaspoons dried basil
- 1/2 teaspoons dried thyme leaves
- 1/8 teaspoons white pepper



(over for directions, nutritional information)

Italian White Bean Soup (continued)

How to make:

Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree. Transfer to a large saucepan. Stir in remaining ingredients. Bring to a boil over high heat, then reduce heat and simmer, covered, about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

Nutritional Information:

Makes 4 servings. Per serving: 203 calories, 1 g. total fat (<1 g. saturated fat), 37 g. carbohydrate, 12 g. protein, 10 g. dietary fiber, 744 mg. sodium.



Recipe courtesy of Lifetime Health Medical Group