

Veggie Bean Soup

What you need:

- 1-2 cups cooked beans (kidney, lima, northern, garbanzo, etc.)
...if canned, rinse well
- 1 large can cut tomatoes with juice
- 2 cans lower sodium chicken broth
- lots of veggies !! ...green beans, carrots, yellow beans, greens, etc.
- 1/2 cup chopped onions, red and green chopped peppers
- 2 Tablespoons chopped garlic
- 2 stalks celery, cut up
- 1/3 cup honey barbeque sauce
- oregano, black pepper and paprika to taste



(over for directions, nutritional information)

Veggie Bean Soup (continued)

How to make:

Mix all in large cooking pot, simmer 1 hour. Toss in 1/2 cup cooked pasta, rice or barley at end of cooking time, if you like. You can add lean ham turkey, chicken or low fat sausage. Makes about 6-8 servings.

Nutrition Information:

Serving Size:	1 ½ cup
Calories:	200 calories
Fat:	4 gm.
Carbohydrate:	25 gm.
Fiber:	9 gm.
Protein:	16 gm.
Sodium:	500mg.



Recipe courtesy of Lifetime Health Medical Group