



A Nutrition Resource



VEGETARIAN WHITE BEAN SOUP

Yield: 7 Servings | Serving Size: 2 cups

Cost/serving: \$1.29

Ingredients:

- 2 small zucchinis, quartered lengthwise and sliced
- 2 cloves garlic, diced
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 Tablespoons vegetable oil
- 3 (14.5-ounce) cans low-sodium vegetable broth (or 6 cups prepared from bouillon)
- 4 cups cooked navy beans (or 2 15-ounce cans, drained and well-rinsed)
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon pepper
- 1/2 teaspoon salt (or up to 1 teaspoon, as desired)

Directions:

- 1) In a large saucepan, sauté the zucchini, garlic, onion, celery, and carrot in oil for 5-7 minutes or until crisp-tender.
- 2) Add the remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer for 15 minutes or until vegetables are tender.

From www.tasteofhome.com

Nutrition Facts

7 servings per container
Serving size 2 cups (450g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrate 38g 14%

Dietary Fiber 13g 46%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 4mg 20%

Potassium 654mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

