



## Tuscan Bean Soup

**Prep: 10 minutes**

**Cook: 55 minutes • Serves: 6**

- 1 tablespoon olive oil
- 2 carrots, diced small
- 2 celery stalks, diced small
- 1 small yellow onion, diced small
- 2 garlic cloves, minced
- 3 cans (14 to 15.5 ounces each) cannellini, red kidney and/or garbanzo beans, drained and rinsed
- 1 can (14.5 ounces) less-sodium chicken broth
- 1½ cups tomato purée
- 1 cup water
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- Chopped fresh parsley leaves for garnish (optional)

**1.** In large saucepot, heat oil over medium heat until hot. Add carrots, celery and onion, and cook 4 to 5 minutes or until vegetables are soft and onion is translucent, stirring occasionally. Add garlic and cook 1 minute, stirring occasionally.

**2.** Add beans, broth, tomato purée and water. Heat to boiling over high heat; reduce heat to simmering. Cover and simmer 45 minutes; stir in salt and pepper. Serve garnished with parsley, if desired.

*Approximate nutritional values per serving:*

*257 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,  
788mg Sodium, 45g Carbohydrates, 13g Fiber, 12g Protein*

### Dietitian's Dish

> Add some beans to your favorite soups. They're a low-fat source of protein and fiber, full of powerhouse nutrients like iron, potassium and folate. Legume plants promote sustainable agriculture – helping decrease greenhouse gases, increasing soil health, and using less water than other types of crops.