



Italian White Bean Soup

Makes 4 servings

Part of the beans and liquid in this soup is pureed to make a thick, creamy texture.

2-(15.5 ounce) cans white
kidney beans (cannelloni) or
Great Northern beans, drained
and rinsed

4 cups non-fat, reduced sodium
chicken broth, divided

½ cup chopped onion

3 cloves garlic, minced

1-(16-ounce) can whole tomatoes
with no salt, undrained, or 4 to 6
fresh plum tomatoes, peeled and
chopped

2 teaspoons dried basil

½ teaspoon dried thyme leaves

⅛ teaspoon white pepper

Directions:

1. Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree.
2. Transfer to a large saucepan. Stir in remaining ingredients.
3. 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 Facts per serving:

Calories	203
Total fat	1 g
Carbohydrate	37 g
Protein	12 g
Dietary fiber	10 g
Sodium	744 mg