

Italian Bean Soup

Ingredients:

- 1 can (15 ounce) great northern beans
- 1 can (15 ounce) red kidney beans
- 2 cans (15 ounce) pinto beans
- 1 can (46 ounce) tomato juice or V-8 juice
- 1 can (15 ounce) Italian style or stewed tomatoes
- 1 can (15 ounce) vegetable broth, low-sodium
- 1 can (15 ounce) drained green beans
- 1½ tablespoons Italian seasoning
- 1 medium onion, chopped
- ¼ teaspoon black pepper
- 2 fresh garlic cloves

Preparation:

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.
3. Serve with Italian or French bread or whole wheat rolls.

Yields 18 servings

Nutritional Information Per Serving: 110 calories, 7g protein, 20g carbohydrate (6g fiber), 0.5g fat, 0mg cholesterol, 440mg sodium

Source: U.S. Department of Agriculture



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