

Italian Bean Soup

Ingredients:

- 15 ounces great northern beans, canned
- 15 ounces red kidney beans, canned
- 30 ounces pinto beans, canned
- 1 medium onion, chopped
- 46 ounces low sodium tomato juice, canned
- 15 ounces Italian-style tomatoes, canned
- 15 ounces vegetable broth, canned
- 15 ounces green beans, canned
- 1 1/2 tablespoons Italian seasoning
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder

Equipment:

- Large saucepan with lid
- Can opener
- Colander
- Cutting board
- Knife
- Measuring spoons
- Mixing spoon

Number of Servings: 18
 Prep Time: 10 minutes
 Total Time: 45 minutes

Directions

1. Open beans and place in colander. Rinse under running water to remove sodium. Allow to drain.
2. Add to a large stock pot.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add to stock pot.
4. Pour green beans in a colander and rinse under running water to remove sodium. Drain.
5. Pour in tomato juice, tomatoes, vegetable broth, green beans, Italian seasoning, pepper and garlic powder. Cover and simmer for 30 minutes.
6. Serve with Italian or French bread or whole-wheat rolls. Will freeze well.

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Nutrition Facts	
Serving Size: 3/4 cup	
Servings: 18	
Amount Per Serving	
Calories 365	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 228mg	10%
Potassium 1555mg	44%
Total Carbohydrate 68g	23%
Dietary Fiber 22g	88%
Protein 22g	44%
Vitamin A 19%	Vitamin C 38%
Iron 33%	Calcium 14%

*Percent Daily Values are based on a 2,000 calorie diet.

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