

Four Bean Soup

Prep Time: 10 Minutes

Total Time: 45 Minutes



Ingredients

- 2 cups water
- 2 low-sodium vegetable bouillon cubes
- 48 ounces low-sodium tomato juice
- 32 ounces canned pinto beans, no added salt
- 15 ounces canned great northern beans, low-sodium
- 15 ounces canned green beans, low-sodium
- 15 ounces canned kidney beans, low-sodium
- 15 ounces canned stewed tomatoes, no added salt
- 1 onion(s), chopped
- 1 ½ tablespoon Italian seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper

Directions

- Wash hands.
- Heat water to boiling. Add bouillon cubes and stir to dissolve.
- Combine prepared broth and the rest of the ingredients in a pot, cover, and simmer for 30 minutes on medium heat
- Serve hot. Can be served alongside whole-wheat bread or crackers.
- **To prepare in a slow cooker**, prepare broth and combine with all the other ingredients in a slow cooker. Cook for 4 hours on high or 8 hours on low.

Nutrition Facts

8 servings per container	
Serving size	(587g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 56g	20%
Dietary Fiber 13g	46%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 5mg	30%
Potassium 1258mg	25%

*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.

Quick Tips

- ▶ You can freeze this dish for up to 6 months for quick and easy leftovers!
- ▶ Draining and rinsing canned vegetables can remove up to 40% of excess sodium.
- ▶ Stewed tomatoes can be replaced with canned Italian style tomatoes.

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(Recipe adapted from University of Massachusetts Extension Nutrition Education Program, as listed at: <https://whatscooking.fns.usda.gov/>)