



## Italian White Bean Soup

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

Yield: 4 servings

### Ingredients:

2 (14.5-ounce) cans white kidney beans (cannellini) or Great Northern beans, drained and rinsed; OR 3 cups cooked dry beans  
4 cups non-fat, reduced sodium chicken broth, divided  
1/2 cup chopped onion

3 cloves garlic, minced  
1 (16-ounce) can diced tomatoes with no salt, undrained; or 4 to 6 fresh plum tomatoes, peeled and chopped  
2 teaspoons dried basil  
1-1/4 teaspoons dried thyme leaves  
1/8 teaspoon 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.

**Notes:** *Use a canned bean without added salt or cook your own without salt to lower the sodium content of this recipe.*

**Nutrition Information Per serving:** Calories: 290 Fat: 12g, Carbohydrate: 11g, Protein: 35g, Fiber: 2g, Sodium: 440mg.

**Source:** Cooperative Extension System, [www.extension.org](http://www.extension.org)



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