

Cannellini Bean Soup

Ingredients:

- 2 ½ cup cannellini beans
- 1 ¾ cup barley, cooked
- 1 ½ quarts water
- 1 tsp. olive oil, extra virgin
- 2 cloves garlic, minced
- 1 large white onion, diced
- 2 cups low sodium vegetable broth
- ¼ tsp. salt
- 2 celery ribs with leaves, chopped
- 2 tbsp. fresh oregano
- ⅛ tsp. ground black pepper



Nutrition Facts

Serving Size 2 cups (453g)
Servings Per Container 9

| Amount Per Serving | | % Daily Value* | |
|---------------------------|-------|--------------------------|-----|
| Calories | 150 | Calories from Fat | 15 |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 430mg | | 18% |
| Total Carbohydrate | 28g | | 9% |
| Dietary Fiber | 6g | | 24% |
| Sugars | 3g | | |
| Protein | 6g | | |
| Vitamin A | 2% | Vitamin C | 6% |
| Calcium | 6% | Iron | 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | Less than | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Place the beans in a large pot and cover with water. Let the beans soak overnight. Drain the beans the next day and cover with water.
2. Place over medium-high heat. Bring to boil and reduce heat to a simmer. Cook until soft, about an hour. Drain the beans and set aside. Rinse the pot well.
3. Place the olive oil. In the same pot over medium heat. Add garlic and onion. Cook slowly over medium until onions are translucent. Add beans back to the pot and stir well.
4. Add vegetable broth and salt. Cook for about 10 minutes, stirring occasionally.
5. Add celery, oregano and pepper. Cook for about 20 minutes. Add cooked barley. Using a stick blender, blend to your ideal texture. May be served hot or cold.