

## **GARLIC LOVERS BEAN SOUP**

Source: [Recipe4Living.com](http://Recipe4Living.com)

Cook/Prep Time: 20-25 minutes

### **INGREDIENTS:**

1 1/2 C chopped onion

1 C sliced carrot

3/4 C sliced celery

12-15 medium cloves garlic, peeled/crushed

3 TBS olive oil

2 cans (14 1/2 oz each) fat-free reduced-sodium chicken or vegetable broth

2 cans (15 oz each) Great Northern or cannellini beans

OR 3 C cooked dry-packaged such beans, rinsed/drained

1 tsp dried sage

Salt & pepper, to taste

For extra flavor, add some cubes of ham or crumbled bacon after puréeing

Croutons, for garnish

### **DIRECTIONS:**

Sauté in oil onion, carrot, celery & garlic 5-7 minutes in large saucepan - add chicken broth, sage & beans - heat to boiling - reduce heat & simmer till vegetables are tender (10-15 minutes).

Purée soup in food processor or blender till smooth (if you prefer a chunkier soup, purée only 2/3 the time). Serve in bowls with croutons.

Yield: 6 servings (about 1 C each)

[per serving: calories: 255; protein: 15g; carbohydrates: 39g; total fat: 5g; cholesterol: 0mg; dietary fiber: 2g; sodium: 545mg; folate: 131mcg]