

# Garlic Bean Soup

**Makes:** 6 Servings

This recipe uses dry great northern beans. Try this tasty soup and increase your fiber intake.

## Ingredients

- 3 cups** great northern beans (cooked)
- 2 cups** onion (chopped)
- 1/2 cup** celery (chopped)
- 2 teaspoons** garlic powder
- 2 tablespoons** vegetable oil
- 2 cans** low sodium chicken broth (about 14 ounces each)
- 1 can** carrots (sliced and undrained, about 15 ounces)
- 1/2 teaspoon** pepper

## Directions

1. In a large skillet, cook the onion, celery, and garlic in vegetable oil for 3 to 4 minutes on medium heat.
2. Add chicken broth and beans; heat to boiling.
3. Reduce heat and simmer until celery is tender, about 6 minutes.
4. Add canned carrots and pepper and heat another 2 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>210</b>	
Total Fat	6 g	
Protein	11 g	
Carbohydrates	31 g	
Dietary Fiber	8 g	
Saturated Fat	0.5 g	
Sodium	200 mg	