



## Mixed Bean Soup

Serves: 10 | Serving size: 2.5 cups

Ingredients Needed:

- 1 pound of assorted dried beans (any combination you have on hand)
- 2 ½ quarts (10 cups) water or low-sodium vegetable or chicken broth
- 1 medium-sized onion
- 3 medium-sized garlic cloves, finely minced, or ¾ teaspoon garlic powder
- 2 teaspoons oil, vegetable or canola
- 2 cups celery, coarsely chopped
- 2 cups (about 3 large carrots), coarsely chopped
- 2 (15-ounce) cans chopped tomatoes
- Salt and pepper to taste

Directions:

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>2.5 cup (440g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 8g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 37mg	<b>2%</b>
Iron 4mg	<b>20%</b>
Potassium 825mg	<b>20%</b>
<small>*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.</small>	

1. Spread dry beans on a clean paper towel or kitchen towel to remove small stones, dirt, and damaged or shriveled beans before cooking. Place beans in a strainer and rinse several times under cold running water. Once beans have been sorted and rinsed, they must be soaked before cooking using one of the three methods below:
  - a. Overnight Soak: Place one pound (2 cups) of rinsed dry beans in a large pot with enough cold water to cover the beans. Cover, refrigerate, and soak for 6 to -8 hours or overnight.
  - b. Quick Soak: Place one pound (2 cups) of rinsed dry beans in a large pot with 610 cups of water. Cover and boil for 3 minutes. Remove from heat, cover, refrigerate, and soak for 1 hour.
  - c. Hot Soak: Place one pound (2 cups) of rinsed dry beans in a large pot and add 10 cups of water. Heat to boiling and boil for an additional 3 minutes. Remove beans from heat, cover, and refrigerate for 4 to 24 hours.
2. Drain the water used to soak the beans.

3. In a clean stock pot, cover the soaked beans with fresh water or vegetable broth to cover the beans.
4. In a pan, saute the onions and garlic with oil, then add the celery, tomatoes, and carrots. Saute for 10 minutes.
5. Pour sauteed vegetables into the beans and simmer for 30-45 minutes. Add more water if needed and season with salt and pepper to taste.