

# FOUR BEAN SOUP

Yield: 13 Servings (8 oz. per serving)



**TOTAL TIME:** 20 minutes

## INGREDIENTS

- 1 can (15.5 oz.) Great Northern beans
- 1 can (15.5 oz.) red beans
- 1 can (15.5 oz.) butter beans
- 1 can (15.5 oz.) black beans
- 1 tbsp. olive oil
- 1 pkg (8 oz.) Food You Feel Good About diced mirepoix (onion, carrot, celery mix)
- 2 cloves peeled garlic, chopped
- 1 can (28 oz.) Roma tomatoes
- 1 container (32 oz.) vegetable stock
- 2 Tbsp. fresh chopped oregano
- 2 Tbsp. Herbes de Provence
- 2 tsp. sea salt
- 1 tsp. fresh cracked pepper
- 1 tsp. extra-virgin olive oil

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## PREPARATION

1. Drain and rinse all beans; set aside.
2. Heat oil in stockpot on medium-high; add mirepoix. Cook, stirring, about 5 min., until soft but not browned. Add garlic; cook, stirring, 1–2 min., until soft but not browned.
3. Add tomatoes, vegetable stock, and beans. Stir; bring to boil. Reduce heat to medium-low; add Herbes de Provence, salt, and pepper. Simmer 15 min.
4. Drizzle with oil just before serving.

## NUTRITION

**Per serving:** Calories: 160; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 29 g; Fiber: 8 g; Protein: 9 g; Sodium: 540 mg.

Recipe courtesy of Wegmans