

# Tuscan Bean Soup

## Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 celery stalks
- 2 carrots, diced
- 4 garlic cloves, minced
- 2 teaspoons minced fresh rosemary
- 5 cups low-fat chicken broth
- 1 14 oz. can chopped tomatoes, low sodium
- 1 16 oz. can low sodium garbanzo beans
- 1 tablespoon balsamic vinegar\*
- 2 tablespoons minced fresh basil

## Directions:

1. In a saucepot over medium heat, heat the olive oil. Add the onions, celery, and carrots, and sauté for 5 minutes. Add the garlic and rosemary and sauté for 1 minute. Add the remaining ingredients, except for the vinegar and basil. Bring to a boil. Reduce the heat and simmer, partially covered, for 20 minutes.
2. Add the vinegar. Top with basil before serving.

\*The surprise ingredient is the balsamic vinegar — it draws out the flavor of the vegetables and makes the garbanzo beans taste rich and savory.

## Nutrition Facts

Serving Size 1 cup (277g)  
Servings Per Container 9

Amount Per Serving

**Calories** 100      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 75mg      **3%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein** 5g

Vitamin A 60%      • Vitamin C 15%

Calcium 6%      • Iron 4%

\*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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