



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Creamy White Bean Soup with Basil and Olive Oil

Ingredients:

- 1 Tbsp extra virgin olive oil
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1 ripe tomato, chopped
- 2 tsp dried oregano
- Pinch of crushed red chili flakes
- 1 (20-oz) jar of white beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 6-8 fresh basil leaves, minced
- Juice of 1 fresh lemon
- Sea salt, to taste

Directions:

1. Heat oil in a large skillet saucepot over medium heat. Sauté the onion and garlic for 1 minute, stirring often.
2. Add the tomato, oregano and crushed chili flakes. Continue to sauté for another minute. Add the beans and broth. Bring to a boil, lower to a simmer and cook uncovered for 35 minutes until smooth and creamy.
3. Add the basil and lemon juice, season to taste with salt.

Serves 6

*115 calories, 2.5 g fat, 0 g saturated fat,
18 g carbohydrate, 6 g fiber, 5 g protein,
200 mg sodium*

Source: American Diabetes Association

