

Creamless White Bean and Garlic Soup

Melissa D'Arabian - Associated Press
Scripps Treasure Coast Newspapers

Servings: 6

2 tablespoons olive oil
1 small (1 cup) onion, chopped
1 stalk (1/2 cup) celery, chopped
1 medium (1/2 cup) carrot, chopped
1/2 teaspoon smoked sweet paprika
20 medium cloves garlic, peeled
1 teaspoon Kosher salt
1/4 teaspoon black pepper
1/4 cup dry white wine
2 cups chicken or vegetable stock
1 medium russet potato, peeled and quartered
2 cups white beans, drained and rinsed
1 large sprig fresh rosemary
1 large sprig fresh thyme
1 bay leaf

In a large saucepan, heat the oil and sweat the onion, celery and carrot over medium heat for 5 minutes, stirring with a wooden spoon.

Add the smoked paprika, garlic, salt and pepper. Cook until fragrant, another 2 minutes. Deglaze the pan with the wine and stock and bring to a simmer.

Add the potato, beans, herbs, bay leaf and two cups of water. Bring the soup to a boil. Let simmer, partially covered with a lid, over medium-low heat until the potato and garlic are very tender, about 15 to 20 minutes. Remove from the heat. Let cool for a few minutes (add a couple of ice cubes to expedite cooling). Spoon out the herb stems and bay leaf. Discard.

Scoop out about one cup of beans and set aside. Use an immersion blender to blend the rest of the soup until creamy. Or blend in a traditional blender, being very careful not to get burned. Blend in batches and remove the lid center, covering with a dishrag to allow steam to escape.

Add the reserved beans back to the blended soup. Adjust for seasoning and serve.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 309 Calories; 5g Fat (15.0% calories from fat); 17g Protein; 49g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 338mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|--------|-----------------------------|--------|
| Calories (kcal): | 309 | Vitamin B6 (mg): | .4mg |
| % Calories from Fat: | 15.0% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 63.2% | Thiamin B1 (mg): | .3mg |
| % Calories from Protein: | 21.8% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 5g | Folacin (mcg): | 270mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 7 |
| Cholesterol (mg): | 0mg | % Refused: | 0.0% |
| Carbohydrate (g): | 49g | Food Exchanges | |
| Dietary Fiber (g): | 12g | Grain (Starch): | 3 |
| Protein (g): | 17g | Lean Meat: | 1 |
| Sodium (mg): | 338mg | Vegetable: | 1 |
| Potassium (mg): | 1415mg | Fruit: | 0 |
| Calcium (mg): | 193mg | Non-Fat Milk: | 0 |
| Iron (mg): | 8mg | Fat: | 1 |
| Zinc (mg): | 3mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 9mg | | |
| Vitamin A (i.u.): | 3400IU | | |
| Vitamin A (r.e.): | 340RE | | |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 309 **Calories from Fat:** 46

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 5g | 8% |
| Saturated Fat 1g | 4% |
| Cholesterol 0mg | 0% |
| Sodium 338mg | 14% |
| Total Carbohydrates 49g | 16% |
| Dietary Fiber 12g | 46% |
| Protein 17g | |
| Vitamin A | 68% |
| Vitamin C | 14% |
| Calcium | 19% |
| Iron | 42% |

* Percent Daily Values are based on a 2000 calorie diet.