

# Garbanzo Bean Soup

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 6

1 tablespoon vegetable oil  
1/3 cup celery, finely chopped  
1/3 cup carrots, finely chopped  
1/3 cup onions, finely chopped  
2 cloves garlic, minced  
4 cups vegetable broth  
2 cups canned garbanzo beans, drained  
1 tablespoon chili sauce  
1 tablespoon lemon juice  
1 teaspoon curry paste  
1/2 teaspoon salt  
1/2 cup cheese, grated

In a saucepan, heat the oil. Lightly brown the vegetables and garlic. Set aside.

In a second saucepan, mix the broth and garbanzo beans. Bring to a boil and cover. Over low heat, simmer for 15 minutes or so.

Add the vegetables and seasonings. Over low heat, continue cooking for 30 minutes.

Pour with grated cheese into soup bowls. Serve

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Per Serving (excluding unknown items): 143 Calories; 5g Fat (32.9% calories from fat); 4g Protein; 20g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 1296mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	143
% Calories from Fat:	32.9%
% Calories from Carbohydrates:	55.2%
% Calories from Protein:	11.9%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	2mg
Carbohydrate (g):	20g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Dietary Fiber (g): 3g  
 Protein (g): 4g  
 Sodium (mg): 1296mg  
 Potassium (mg): 334mg  
 Calcium (mg): 33mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 8mg  
 Vitamin A (i.u.): 4985IU  
 Vitamin A (r.e.): 499RE

Grain (Starch): 1  
 Lean Meat: 0  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 143 Calories from Fat: 47

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	1g	4%
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	1296mg	54%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	3g	11%
<b>Protein</b>	4g	

<b>Vitamin A</b>	100%
<b>Vitamin C</b>	13%
<b>Calcium</b>	3%
<b>Iron</b>	8%

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