

# Italian Bean Soup

*Publix Aprons*

## Servings: 8

*3 slices thick-cut bacon*  
*1 tablespoon extra-virgin olive oil*  
*1 tablespoon roasted garlic, minced*  
*1 bag (10 ounce) frozen seasoning blend (diced onions, bell peppers, celery)*  
*2 cans (15.8 ounce ea) great northern beans, undrained*  
*1 box (32 ounce) chicken broth*  
*2 cups tomato & basil pasta sauce*  
*1 cup fresh crinkle-cut carrots*  
*1 cup cut green beans*  
*1 teaspoon dried Italian seasoning*  
*1/4 teaspoon pepper*  
*1 cup large shell pasta*  
*3 tablespoons Parmesan cheese, grated*  
*1 loaf Italian bread (optional)*

Preheat a large nonstick saucepan on medium-high for 2 to 3 minutes. Cut the bacon into small pieces. Place the olive oil in the pan. Add the bacon. Cook and stir for 3 to 4 minutes or until crispy. Remove the bacon from the pan (reserve two tablespoons of bacon fat in the pan). Set the bacon aside.

Stir in the garlic and seasoning blend. Cook for 3 minutes, stirring constantly. Stir in the northern beans, broth, pasta sauce, carrots, green beans, Italian seasoning and pepper. Cover and bring to a boil.

Stir in the pasta and cover. Return to boiling. Remove the lid and reduce the heat to medium low. Simmer for 8 to 10 minutes or until the pasta is tender.

Spoon the soup into serving bowls. Sprinkle each bowl with Parmesan cheese and the reserved bacon.

Serve with Italian bread, if desired.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 184 Calories; 3g Fat (14.2% calories from fat); 11g Protein; 29g Carbohydrate; 9g Dietary Fiber; 1mg Cholesterol; 137mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):

184

Vitamin B6 (mg):

.2mg

% Calories from Fat:	14.2%
% Calories from Carbohydrates:	61.5%
% Calories from Protein:	24.3%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	29g
Dietary Fiber (g):	9g
Protein (g):	11g
Sodium (mg):	137mg
Potassium (mg):	663mg
Calcium (mg):	107mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	15IU
Vitamin A (r.e.):	4RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	221mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 184 Calories from Fat: 26

### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	1g	4%
<b>Cholesterol</b>	1mg	0%
<b>Sodium</b>	137mg	6%
<b>Total Carbohydrates</b>	29g	10%
Dietary Fiber	9g	37%
<b>Protein</b>	11g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		4%
<b>Calcium</b>		11%
<b>Iron</b>		14%

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