



Mediterranean Bean Soup

Makes 8 servings

Ingredients:

- 2 tablespoons olive oil
 - 1 medium onion, coarsely chopped
 - 3 carrots, peeled and coarsely chopped
 - 2 cloves garlic, crushed
 - 2 cups dried beans (soaked and drained)
 - 8-10 cups boiling water
 - 1 tablespoon fresh or 1 teaspoon dried thyme
 - 2 bay leaves
 - ¼ cup chopped fresh parsley, plus extra for garnish
- Salt and Pepper to taste

Directions: Remember to Wash Your Hands!

1. In heavy 3-quart stockpot, heat olive oil; saute onion, carrots and garlic until vegetables are soft (about 10-15 minutes).
2. Add drained beans and boiling water to stockpot. Cover and cook over low heat, adding boiling water occasionally if necessary, 1½ - 3 hours or until beans are soft. To reduce cooking time, use canned beans.
3. Add thyme, bay leaves and parsley during last 30 minutes of cooking.
4. For thicker soup remove 1½ cups of beans and puree in food processor or blender, and return to pot. Crushed canned tomatoes with juices can be added to create a thinner soup.
5. Salt and pepper to taste. Serve soup and garnish with chopped parsley or croutons.

Nutrition Facts	
Serving Size about 1 1/2 cups (334g)	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 35
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 35g	12%
Dietary Fiber 9g	34%
Sugars 3g	
Protein 11g	
Vitamin A 100%	Vitamin C 15%
Calcium 8%	Iron 15%
*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
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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