

Italian Bean Soup



Makes: 18 servings

Total Cost: \$\$\$\$

Three beans combine with savory vegetables in a rich, tomato-based broth for this Italian Bean Soup. Served with a whole wheat roll, this recipe makes a satisfying and wholesome lunch or dinner.

Ingredients

- 1 can (15.5 ounces) great northern beans, low-sodium
- 1 can (15.5 ounces) red kidney beans, low-sodium
- 2 cans (15.5 ounces) pinto beans, low-sodium
- 46 us fluid ounces tomato juice, low-sodium (or V-8 brand juice)
- 1 can (14.5 ounces) Italian style or stewed tomatoes, low-sodium
- 1 can (14.5 ounces) vegetable broth, low-sodium
- 1 can (15 ounces) green beans, low-sodium (drained)
- 1 1/2 tablespoons Italian seasoning
- 1 medium onion (chopped)
- 1/4 teaspoon black pepper
- 2 garlic cloves

Directions

1. Wash hands with soap and water.
2. In a large pot, combine all ingredients.
3. Cover and simmer for 30 minutes.
4. Serve with Italian or French bread or whole-wheat rolls.

Notes

Freeze leftovers in plastic sealed containers with 1/2-inch air space under the lid.

Learn more about:

- [Tomatoes](#)
- [Onions](#)
- [Green Beans](#)
- [Garlic](#)

Source:

Choices: Steps Toward Health

University of Massachusetts

Extension Nutrition Education Program

Nutrition Information

Serving Size: 1 cup

MyPlate Food Groups



Nutrients	Amount
Total Calories	117
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	209 mg
Carbohydrates	23 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	N/A
Calcium	76 mg
Iron	2 mg
Potassium	19 mg

 Vegetables 1 1/4 cups
 Protein Foods 2 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



Shop Simple with MyPlate

Find savings in your area and discover new ways to prepare budget-friendly foods.

[Learn more](#)



MyPlate on Alexa

Get MyPlate nutrition tips on Amazon Alexa devices or the free Alexa app.

[Learn more](#)



Start Simple with MyPlate App

Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today.

[Learn more](#)



MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

[Learn more](#)