



Baby Lima Bean Soup with Crispy Sage

 Gluten Free  Dairy Free

READY IN



137 min.

SERVINGS



7

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups carrots coarsely chopped
- ☐ 2 sage fresh
- ☐ 6 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion coarsely chopped
- ☐ 1 teaspoon salt divided

- ☐ 2 slices bacon cut into small pieces
- ☐ 14 ounce vegetable stock canned
- ☐ 7.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ dutch oven

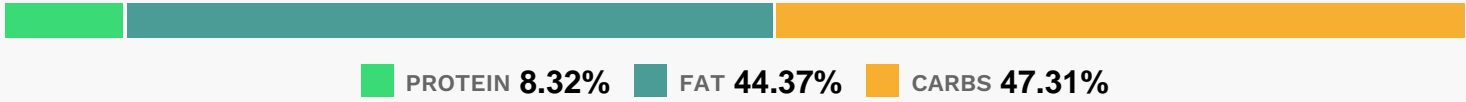
Directions

- ☐ Sort and wash beans; place beans in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans and return to pan.
- ☐ Add 7 1/2 cups water, 1/2 teaspoon salt, and bay leaves to pan. Bring to a boil; cover, reduce heat, and simmer 1 hour and 10 minutes.
- ☐ Add carrot; cook 20 minutes or until beans and carrot are tender.
- ☐ Meanwhile, heat 1 tablespoon oil in a medium nonstick skillet over medium heat.
- ☐ Add sage leaves; saut 1 to 2 minutes or until crisp.
- ☐ Remove leaves from pan; drain on paper towels. Crumble and set aside.
- ☐ Cook bacon in same pan 4 minutes or until crisp. Stir in onion; saut 3 to 4 minutes or until crisp-tender.
- ☐ Add garlic, and cook 3 to 4 minutes or until onion is tender.
- ☐ Remove from heat.
- ☐ Drain beans, reserving 1/2 cup cooking liquid in a small bowl. Discard bay leaves and return beans to pan.
- ☐ Add 1 cup beans to reserved cooking liquid; mash with a fork until mixture forms a paste. Stir broth, bean paste, onion mixture, 1/2 teaspoon salt, pepper, and half of crumbled sage into

cooked beans. Bring to a boil; reduce heat, and simmer 4 to 5 minutes or until mixture is thoroughly heated (mixture will be thick).

- ☐ Ladle soup into individual bowls, and sprinkle with remaining crumbled sage.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:3.26, Inflammation Score:-10, Nutrition Score:8.9034782149222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 91.62kcal (4.58%), Fat: 4.69g (7.22%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 8.86g (3.22%), Sugar: 5.05g (5.61%), Cholesterol: 4.15mg (1.38%), Sodium: 653.47mg (28.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin A: 9290.83IU (185.82%), Manganese: 0.19mg (9.73%), Fiber: 2.39g (9.57%), Vitamin C: 7.43mg (9.01%), Vitamin B6: 0.18mg (8.99%), Vitamin K: 8.79µg (8.37%), Potassium: 266.28mg (7.61%), Copper: 0.13mg (6.49%), Vitamin B1: 0.08mg (5.32%), Folate: 19.25µg (4.81%), Vitamin E: 0.69mg (4.59%), Phosphorus: 45.59mg (4.56%), Vitamin B3: 0.86mg (4.32%), Calcium: 42.05mg (4.2%), Magnesium: 15.27mg (3.82%), Vitamin B2: 0.05mg (3.08%), Selenium: 1.92µg (2.74%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.34mg (2.28%), Iron: 0.36mg (2.03%)