



Senatorial Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon beef-flavored bouillon granules
- ☐ 2 cups carrots sliced
- ☐ 1 cup celery thinly sliced
- ☐ 2 teaspoons chicken-flavored bouillon granules
- ☐ 1 cup ham light diced lean cooked (such as &)
- ☐ 1 cup navy beans dried
- ☐ 1 teaspoon rubbed sage dried

- ☐ 4 garlic cloves minced
- ☐ 2.5 cups leek chopped
- ☐ 2 tablespoons butter
- ☐ 8 cups water

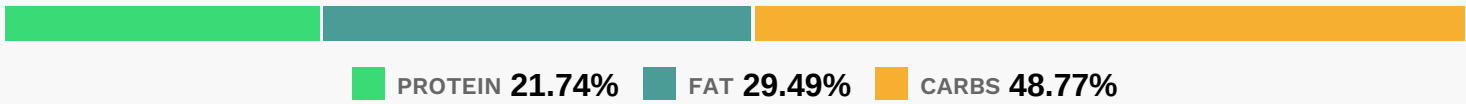
Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil. Cook the beans 2 minutes.
- ☐ Remove from heat; cover and let beans stand 1 hour.
- ☐ Drain beans.
- ☐ Melt margarine in pan coated with cooking spray over medium-high heat.
- ☐ Add leek and next 4 ingredients (leek through garlic); saut 10 minutes.
- ☐ Add beans, 8 cups water, bouillon granules, sage, and bay leaves, and bring to a boil. Cover, reduce heat, and simmer mixture 1 1/2 hours or until beans are very tender. Discard bay leaves.
- ☐ Place half of soup in a blender; process until smooth.
- ☐ Pour pured mixture into remaining soup in pan, and cook over medium-low heat 30 minutes.
- ☐ Garnish with celery leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:17.230434855689%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 191.28kcal (9.56%), Fat: 6.41g (9.87%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 15.88g (5.78%), Sugar: 3.92g (4.35%), Cholesterol: 10.93mg (3.64%), Sodium: 471.24mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin A: 5993.87IU (119.88%), Fiber: 7.99g (31.94%), Folate: 123.99µg (31%), Manganese: 0.59mg (29.65%), Vitamin B1: 0.35mg (23.44%), Vitamin K: 21.88µg (20.84%), Phosphorus: 171.77mg (17.18%), Copper: 0.33mg (16.3%), Magnesium: 65.18mg (16.29%), Vitamin B6: 0.32mg (15.84%), Potassium: 553.74mg (15.82%), Iron: 2.34mg (12.97%), Selenium: 7.62µg (10.88%), Zinc: 1.53mg (10.17%), Vitamin B3: 1.85mg (9.24%), Calcium: 83.83mg (8.38%), Vitamin C: 6.11mg (7.41%), Vitamin B2: 0.12mg (7.13%), Vitamin E: 0.68mg (4.55%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.12µg (1.99%)