

White Bean Soup with Broccoli Rabe – Vegan – SOS

Prep Time: 20 minutes
Total Time: 20 minutes

Serving Size: 6
Calories per serving: 304
Fat per serving: 0

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Ingredients

- 1 cup finely diced onion
- 1 cup finely diced celery
- 1 cup diced red bell pepper
- 1 tablespoon minced garlic
- 1 pound dry cannellini or great northern beans, soaked overnight and drained
- 4 cups vegetable broth, no-salt-added or low sodium
- 2 cups water
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1/8 teaspoon crushed red pepper
- 1 pound broccoli rabe, tough stems trimmed, chopped into bite-sized pieces
- 1 1/2 cups chopped tomatoes
- 1/2 teaspoon dried rosemary

Instructions

1. In a large soup pot, combine first 11 ingredients. Bring to a boil, reduce heat and simmer partially covered, stirring occasionally until beans are tender, about 60 minutes.
2. Using a slotted spoon, transfer 2 cups of the beans from the pot to a small bowl and mash with a fork.
3. Return the mashed beans to the soup, bring to a simmer and continue to cook uncovered until the broth thickens slightly, about 15 minutes. Add the broccoli rabe, tomatoes and rosemary and continue cooking until broccoli rabe is just tender.

Notes

Nutrition facts (per serving): Calories: 304, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 61mg, total carbohydrate: 56g, fiber: 19.3g, sugar: 2g, protein: 21g.