**Italian Bean Soup**

**Ingredients:**
- 15 ounces great northern beans, canned
- 15 ounces red kidney beans, canned
- 30 ounces pinto beans, canned
- 1 medium onion, chopped
- 46 ounces low sodium tomato juice, canned
- 15 ounces Italian-style tomatoes, canned
- 15 ounces vegetable broth, canned
- 15 ounces green beans, canned
- 1 1/2 tablespoons Italian seasoning
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder

**Equipment:**
- Large saucepan with lid
- Can opener
- Colander
- Cutting board
- Knife
- Measuring spoons
- Mixing spoon

**Directions**
1. Open beans and place in colander. Rinse under running water to remove sodium. Allow to drain.
2. Add to a large stock pot.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn ¼ and slice again to make dice. Chop up any large pieces. Add to stock pot.
4. Pour green beans in a colander and rinse under running water to remove sodium. Drain.
5. Pour in tomato juice, tomatoes, vegetable broth, green beans, Italian seasoning, pepper and garlic powder. Cover and simmer for 30 minutes.
6. Serve with Italian or French bread or whole-wheat rolls. Will freeze well.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 365</td>
<td>3%</td>
</tr>
<tr>
<td>Calories from Fat 13</td>
<td></td>
</tr>
<tr>
<td>Total Fat 2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 228mg</td>
<td>10%</td>
</tr>
<tr>
<td>Potassium 1555mg</td>
<td>44%</td>
</tr>
<tr>
<td>Total Carbohydrate 68g</td>
<td>23%</td>
</tr>
<tr>
<td>Dietary Fiber 22g</td>
<td>88%</td>
</tr>
<tr>
<td>Protein 22g</td>
<td>44%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

For more recipes, please visit: [www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)

Friend us on Facebook and follow us on Twitter [www.facebook.com/vafnp](http://www.facebook.com/vafnp) [www.twitter.com/vafnp](http://www.twitter.com/vafnp)