

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



5 Bean Soup

Serves 8-10

This filling, hearty soup will warm up any winter night. Use low-sodium canned products for a healthier choice. Try serving the soup with a little grated parmesan cheese along with a crispy green salad.

Ingredients:

1 tablespoon oil
1 large onion, diced small (about 1 ½ cups)
2 medium carrots, diced small (about 1 cup)
2 stalks celery, diced small (about 1 cup)
3 cloves garlic, minced (about 1 tablespoon)
¼ cup chopped fresh basil
¼ cup chopped fresh parsley
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can cannellini beans, drained and rinsed
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can navy beans, drained and rinsed
1/2 cup dried lentils or dried peas
1 (15-ounce) can diced tomato
1 quart low-sodium broth (chicken, beef, or vegetable)
3 cups water
1 bay leaf
1 (15-ounce) can diced tomato
3 cups chopped fresh kale or spinach (about 3 ounces)
Salt and pepper to taste

Directions:

1. In a large stock pot, heat oil over medium-high heat. Add onion, carrots, celery, and garlic 6 minutes. Add basil and parsley and cook another 2 minutes. Add beans, lentils, tomatoes, broth, and water. Simmer for 30 minutes. Add kale, tomatoes, and season with salt and pepper. Simmer 2 more minutes, until kale is tender. Discard bay leaf. Serve.

Nutritional Information per 1½ cup serving:

Calories: 242	Carbohydrates: 40g
Total Fat: 5g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 9g
Protein: 14g	Sodium: 277mg