

Soups and Stews

## White Bean Soup with Broccoli Rabe

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**Serves:** 6

**Preparation Time:** 20 minutes (active prep time)

### 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:

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.

Using a slotted spoon, transfer 2 cups of the beans from the pot to a small bowl and mash with a fork. 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.

### Per Serving:

CALORIES 306; PROTEIN 20g; CARBOHYDRATES 56g; TOTAL FAT 1.5g; SATURATED FAT 0.4g; SODIUM 66mg; FIBER 19.4g; BETA-CAROTENE 1859ug; VITAMIN C 60mg; CALCIUM 251mg; IRON 6.3mg; FOLATE 396ug; MAGNESIUM 177mg; ZINC 2.6mg; SELENIUM 11ug

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