

# Recipe for

## WHITE BEAN AND POTATO SOUP

EQUIPMENT NEEDED Medium cooking pot with lid, stove top, mixing spoon, knife,  
cutting board

SERVES 6 ESTIMATED COST \$8.00-\$11.00 COST PER SERVING \$1.80-\$1.30

### INGREDIENTS

- 2 tbsp cooking oil (e.g. coconut, grapeseed, canola, avocado)
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 3 ea stalks celery, diced
- 1 cup carrots, cut lengthwise and sliced into ¼" moons (or 1 cup frozen carrots and peas)
- 1 cup frozen corn
- 2 (12oz) can white beans, drained and rinsed
- 2 cups red potatoes, chopped into ¼" cubes (or 1 (12oz) canned potatoes)
- 5 cups low sodium vegetable broth (or chicken broth)
- To taste, salt and pepper
- Optional: cheddar cheese, jalapeños, nutritional yeast

### METHOD OF PREPARATION

1. In a medium pot over medium heat add the oil.
2. Reduce to low and add the onion and a dash of salt. Sauté for 5 minutes, or until translucent.
3. Add the garlic and a dash of salt. Sauté for 3 minutes, or until fragrant.
4. Add the celery and carrots. Sauté for 5 minutes, or until fragrant.
5. Add the remaining ingredients. Cover with a lid and let simmer for 20-30 minutes, or until the potatoes are tender.
6. Let cool for 10 minutes, enjoy!

\*Save in the refrigerator for 5 days, or in the freezer for up to 3 months!

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### NUTRITION INFORMATION

#### Nutrition Facts

Serving size: 2 cups

Servings: 6

Amount per serving

**Calories** **350**

% Daily Value\*

**Total Fat** 5.5g 7%

Saturated Fat 4.1g 21%

**Cholesterol** 0mg 0%

**Sodium** 363mg 16%

**Total Carbohydrate** 60.8g 22%

Dietary Fiber 12.8g 46%

Total Sugars 5.4g

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 182mg 14%

Iron 8mg 46%

Potassium 1617mg 34%

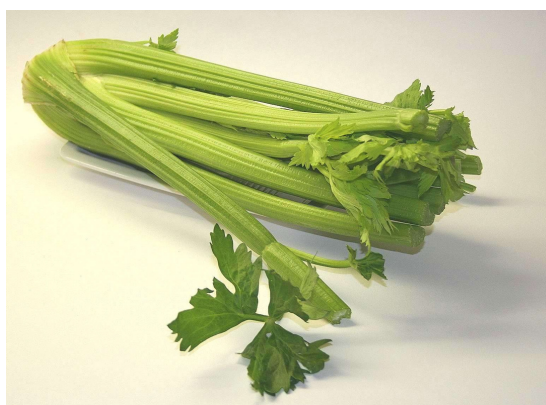
\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

### HEALTH BENEFITS

**Onion:** Onions are a great source of folate, vitamin B6, vitamin C, and potassium. Vitamin B6 supports immune health and is involved in converting the food we eat into energy. As well, onions are a member of the Allium genus, which have been shown to reduce the risk of certain cancers. Try adding onions to a stir fry, curry, or stew.

### HEALTH BENEFITS

**Celery:** Celery is a good source of vitamin C, vitamin A, and vitamin K. Vitamin C works as an antioxidant to protect cells from damage. As well, celery is packed with flavonoids, which have anti-inflammatory effects. Try celery as a snack with nut butter, in chili, or in a salad.



#### References:

1. Recipe provided by Kristin Schaefer

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