

# Black and White Bean Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable Stock, divided	8	cups
Yellow Onions, diced	½	cup
Carrots, diced	¼	cup
Celery, diced	¼	cup
Roma Tomatoes, chopped	1	cup
Parsley, chopped	6	sprigs
Garlic, minced	3	cloves
Ground Black Pepper	1	Tbsp.
Thyme, dried	2	tsp.
Black Beans, canned, drained and rinsed (15 oz can or 1 ¾ cups)	1	can
White Beans, canned, drained, and rinsed (15 oz can or 1 ¾ cups)	1	can
Quinoa, dried	½	cup
Bay Leaves	2	leaves

## Preparation

1. In a stockpot, heat ¼ cup vegetable stock. Add the onions, carrots, and celery and sauté (do not allow to brown).
2. Add the tomatoes, parsley, garlic, pepper, and thyme and stir to combine.
3. Add the black and white beans to the pot. Add the quinoa, then add the remaining vegetable stock. Add the bay leaves and bring the contents to a boil.
4. Reduce the heat and allow to simmer until the quinoa is fully cooked, about 15-20 minutes.
5. For a creamier look, remove 2 cups of the soup and place into a blender and blend. Add back to the soup and stir to combine.

## Serving Information/Notes

Notes: This soup gets even better the next day, so make a batch and freeze or make ahead to be served in one to two days. It will be a bit “gray”, so you may want to garnish with thin slices of tomato, lemon, and chopped fresh parsley. To make this into a chowder, add diced and cooked potatoes, cut corn, and canned chopped tomatoes that have been drained.

# Black and White Bean Soup Continued

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## **Nutrition Information** \*From USDA Nutrient Database

Calories: 150 Total Fat: 0.9g Saturated Fat: 0.2g Monounsaturated Fat: 0.2g Polyunsaturated Fat: 0.4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28g Fiber: 6.4g Total Sugar: 4g Protein: 7.4g  
Sodium: 648.4mg Vitamin A: 30µg Vitamin C: 4.9mg Calcium: 70mg Iron: 2.9mg Folate: 72µg

