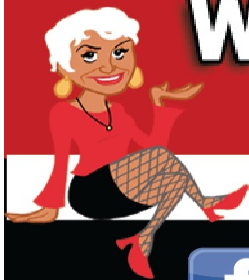


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## WHITE BEANS WITH GARLIC AND BASIL

Intermediate Lifestyle

### Ingredients

1 TBS olive oil  
1-1/2 yellow onions, chopped  
4-8 garlic cloves, peeled and minced to taste  
12-oz. canned and chopped tomatoes, drained  
pinch of Morton's Salt  
24-oz. (3 cups) canned, cooked Cannelloni beans, rinsed  
2 cups fat-free low-sodium chicken broth  
1 large handful fresh basil (about 10 leaves)  
juice from 1 lemon (1/4 cup)  
freshly ground pepper

### Instructions

1. Heat oil in a large, heavy soup pot. Saute onion and garlic over low to medium heat until soft, about 10-15 minutes.
2. Add tomatoes and salt, and simmer about 10 minutes.
3. Add the Cannelloni beans and broth. Simmer 5-10 minutes more.
4. Just before serving, add basil, lemon juice and pepper, and stir well to combine.

Enjoy immediately, or let flavors blend at room temperature overnight.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 heaping cup = 1 P, 1 V