



WHITE BEANS w/ GARLIC & BASIL

Intermediate Lifestyle

INGREDIENTS

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

INSTRUCTIONS

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

SERVING INFO: (Yields 4 servings)

Serving = 1 cup = 1 P, 1 V

See photo at [Instagram](#) and [Facebook](#).