



Tuscan Bean Soup with Bacon

Prep: 15 minutes

Cook: 55 minutes • Makes: about 9 cups

- 4 slices smoked bacon, cut crosswise into ¼-inch pieces
- 2 celery ribs, finely chopped (about 1 cup)
- 2 medium carrots, finely chopped (about 1 cup)
- 1 bay leaf
- 1 medium yellow onion, finely chopped (about 1 cup)
- 2 medium garlic cloves, crushed with press
- 2 cans (14.5 ounces each) less-sodium chicken broth
- 3 cans (14 to 15.5 ounces each) cannellini, red kidney and/or garbanzo beans, rinsed and drained
- 2 cups low sodium tomato juice
- 1 tablespoon fresh lemon juice
- ½ teaspoon freshly ground black pepper
- Chopped fresh parsley leaves for garnish (optional)

1. In large saucepot, cook bacon over medium heat 6 to 8 minutes or until crisp, stirring occasionally. Add celery, carrots, bay leaf and onion and cook, covered, 10 to 12 minutes or until vegetables are tender, stirring occasionally. Add garlic and cook 1 minute, stirring occasionally.

2. Stir in broth, beans and tomato juice, and heat to boiling over high heat. Reduce heat to medium-low and simmer, uncovered, 30 minutes, stirring occasionally. Remove bay leaf; stir in lemon juice and pepper.

3. Ladle soup into soup bowls and garnish with parsley, if desired.

Approximate nutritional values per serving

(1½ cups): 320 Calories, 10g Fat (3g Saturated),

10mg Cholesterol, 967mg Sodium, 43g Carbohydrates, 13g Fiber, 13g Protein