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White Bean Soup ♦

A hearty and comforting soup made with white beans, vegetables, and herbs. This soup is perfect for a vegetarian meal or as a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	White Beans
4 c	vegetable broth
100 g	Carrots
100 g	celery
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
2 pieces	bay leaves
1 tsp	thyme
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Rinse the white beans and soak them in water overnight.

Prep Time: 127 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pot, heat olive oil over medium heat. Add chopped carrots, celery, onion, and garlic. Saute until vegetables are tender.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Boiling

Add soaked white beans, vegetable broth, bay leaves, thyme, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 1 hour or until beans are tender.

Prep Time: 5 mins

Cook Time: 60 mins

Step 4

Blending

Remove bay leaves and thyme sprigs. Use an immersion blender to puree a portion of the soup for a creamier texture, if desired.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 7 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	3 mcg	5.45%	5.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian French German Vietnamese Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat High Fiber

Course

Salads Soups Snacks

Cultural

Chinese New Year Diwali Hanukkah Halloween

Cost

\$10 to \$20

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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