



## *Thai Cuisine* Restaurant

*Come explore the wonderful flavors of THAI food . . .*

### **Herbed White Bean Soup**

Quick and easy to make with a taste of Tuscan.

#### **Ingredients**

Cannellini beans (15 oz.) Rinsed and drained	2 cans
Low-sodium chicken broth (15 oz.) or vegetable broth	1 can
Chopped parsley	1/4 cup
Finely chopped rosemary	3/4 tsp
Ground black pepper	1/4 tsp
Salt	1/4 tsp
Water	1/3 cup
Lemon juice	1 TBS
Extra virgin olive oil	4 tsp

In blender, combine 1 can of the beans, the broth, parsley, rosemary, pepper, salt. Puree until smooth. Transfer to a small saucepan and add the second can of beans and the water. Bring to boil. Remove from the heat, stir in lemon juice, and spoon into 4 bowls. Drizzle each bowl with 1 tsp of olive oil.

#### **Nutrition Information**

Make 4 servings

Per serving:

Calories	171
Protein	7 g
Carbohydrates	22 g
Total fat	6 g
Saturated fat	1 g
Cholesterol	2 mg
Dietary fiber	6 g
Sodium	516 mg

Reference: Prevention, Fiber Up Slim Down Cookbook, 2008