White Pea Bean & Garden Vegetable Soup

From: **OntarioBeans.on.ca**

Ontario Beans

Nutrition Facts

For 1 serving

Amount	% Daily Value
Carbohydrates 43 g	
Protein 14 g	
Total Dietary Fibre 6 g	

Ingredient List

1 cup	dry WHITE PEA BEANS, soaked by quick method directions	**250 mL**
2 tbsp	vegetable oil	**25 mL**
2	large stalks celery & leafy tops, chopped	**2**
2	medium onions, chopped	**2**
1	clove garlic, minced	**1**
3 cups	liquid (water + bean liquid)	**750 mL**
1/2 tsp	oregano	**2 mL**
1/2 tsp	basil	**2 mL**
3 tbsp	chicken broth powder or 3 bouillon cubes	**50 mL**
1/8 tsp	pepper	**0.5 mL**
1/4 cup	chopped fresh parsley (optional)	**50 mL**
1	can (28 oz./796 mL) tomatoes	**1**
	salt to taste	

Directions

Stovetop Method:
Heat oil in large saucepan; add celery, onion and garlic. Saute 2-3 minutes. Add liquid, quick soaked beans, oregano, basil, chicken broth powder and pepper. Simmer 1-1 1/2 hours or until beans are tender. Add parsley if desired and tomatoes, breaking them up with a fork. Heat 10 minutes over high heat or until hot throughout. Serve with whole wheat bread or rolls.

Microwave Method:
Quick soak beans by microwave method directions. Combine all ingredients except oil, parsley and tomatoes in 3 quart (3 L) casserole. Cover and cook on high 7-10 minutes or until boiling. Stir, reduce to 50% power, cover and cook 20-25 minutes, stirring once, or until beans are tender. Add parsley and tomatoes. Cook on 50% power 10-15 minutes or until hot, stirring once.

4 servings.