



White Bean Soup with Rosemary & Sun-Dried Tomatoes

Active Time: 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

266.1 calories, 34.97 g carbohydrate, 6.98 g fiber, 27.99 g NET carbs, 14.61 g protein, 9.08 g fat

Ingredients

- 6 clove(s) organic garlic, minced
- 1 medium organic onion, diced
- 1/2 cup(s) organic sun-dried tomatoes
- 2 Tbsp(s) organic extra virgin olive oil
- 4 cup(s) organic chicken broth
- 1 16-oz can organic white beans, drained and rinsed
- 1 Tbsp dried organic rosemary

Preparation

1. Add oil to a large pot over medium heat.
2. Add onion and sauté; 3 minutes; add garlic and sauté; 1 minute longer.
3. Add broth, rosemary, beans and tomatoes.
4. Season with salt and pepper and simmer 15 minutes.
5. Serve.

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