

# Vegetarian Bean Soup



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 8

**Prep:** 10 minutes | **Cook:** 1 hour 10 minutes

## INGREDIENTS

- 1 pound dry beans (like navy, pinto, chickpeas, black beans, etc.)
- 4 cups water
- 1 tablespoon olive oil
- 1 onion, diced
- 3 carrots, diced
- 6 cloves garlic, minced
- 1 teaspoon thyme
- 1 tablespoon cumin
- 1 teaspoon crushed red pepper
- 2 bay leaves
- 1 1/2 teaspoons salt, more to taste
- 10 cups water

## DIRECTIONS

1. Rinse beans in a strainer. Transfer to a pot or a bowl and cover with 4 cups water. Let soak overnight, up to 24 hours.
2. Drain beans when ready to use. Heat a large pot over medium heat. Add oil, onions, carrots and garlic. Sauté for 3-5 minutes, until softened.
3. Add beans, thyme, cumin, crushed red pepper, bay leaves, salt and 10 cups of water.
4. Bring soup to a boil. Lower heat and simmer for 60-90 minutes, covered, until beans are very soft.
5. Once beans are soft, remove bay leaves. Taste and add salt and pepper as needed.



### Nutrition Information

*Serving Size: 1/8 of recipe made with navy beans*

<b>Calories</b>	<b>229</b>
<b>Total fat</b>	<b>3 g</b>
Saturated Fat	0.4 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>468 mg</b>
<b>Carbohydrates</b>	<b>39 g</b>
Fiber	15 g
Sugars	4 g
<b>Protein</b>	<b>13 g</b>

Recipe source:  
[aspiciperspective.com](http://aspiciperspective.com)