

Health Alliance Plan. by Henry Ford Health

Creamy Tomato and Corn Soup with White Beans

INGREDIENTS (Yield: 6 servings)

- 1 Tablespoon olive oil
- 8 large garlic cloves, sliced
- 14.5-ounce can unsalted cannellini beans, rinsed and drained
- 4 cups peeled, chopped, and seeded tomatoes
- 1/2 cup chopped sweet onion
- 1/2 cup chopped carrot
- 1 1/2 Tablespoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 12-ounce can fat-free evaporated milk
- 2 cups fresh sweet corn (about 4 medium corn cobs)
- 1/4 cup fresh basil leaves, chopped

NUTRITION INFORMATION: 250 Calories; 3 grams Fat; 0.5 grams Saturated Fat; 2 mg Cholesterol; 354 mg Sodium; 43 grams Carbohydrates; 7 grams Fiber; 12 grams Protein

DIRECTIONS

1. Heat olive oil in a skillet over medium heat and add garlic. Sauté for 4 minutes. Stir in beans and cook until heated through. Set aside.

2. Place saucepan on stove. Add tomatoes, onion, carrot, sugar, salt and pepper. Bring to a boil over medium heat, then reduce heat and simmer until the onion is tender, about 10 minutes. Puree tomato mixture using an immersion blender. Add evaporated milk and corn and cook over low heat until steaming, about 1 minute.

3. Divide soup among six bowls. Top each bowl with 1/6 of the beans and 1/6 of the chopped basil and serve.