

## A Lenten Simple Supper - Super Simple White Bean Soup

Prep: 5 mins; Cook:10 mins  
Servings: 4

### Ingredients

2 15.5 oz. can cannellini or navy beans  
4 cup chicken or vegetable broth  
6 tablespoons pesto (fresh or from a jar)



### Directions

1. Drain the beans, reserving the liquid.

In a large pot, combine the beans and broth. Season with black pepper. Bring to a low simmer and add 2-4 tablespoons of the reserved bean liquid.

2. Stir in the pesto until completely combined. Season to taste and divide among bowls.

### Tips:

1. Nice additions include crumbled Italian sausage and dried red pepper flakes; an extra squeeze of lemon juice; croutons or a sprinkle of parmesan cheese.

2. If you are salt sensitive, look for low sodium cans of beans or drain the beans and rinse them. The Bean Institute reports that draining and rinsing canned beans can reduce their sodium content by more than 40%.

### Shopping List

2 15.5 oz. can cannellini or navy beans  
4 cup chicken or vegetable broth  
1 container pesto (fresh or jarred)\*

The items with an asterick (\*) are fresh items which should not be provided in the bag being sent to the Helping Hands Food Pantry. Be sure to purchase and include a Price Chopper or Hannaford gift card for ingredients in the recipe for those items and to purchase a loaf of bread and a gallon of milk.