

Soup Recipe

Hand
Blender/Food
Processor

White Bean Chili



Ingredient	Approx. Cost*
1 – 16 oz bag dried white beans**, soaked overnight in 8 cups water	\$1.19
1 onion, chopped	\$0.89
1 lb. bag of carrots, peeled and chopped	\$0.99
1 bunch celery, washed and chopped	\$1.99
Seasonings: 2 Tab. olive oil, 2 cloves garlic chopped, 2 teasp. each thyme, chili powder, or more to taste	\$1.00***
Liquid: 2 large cans of chicken broth (32 oz. pacific natural foods)***	\$7.78
Total	\$13.84

of servings: 10 **Cost per serving: \$1.38**

*Based on Peapod's on-line pricing as of 2/10.

**Or use 4 – 15 oz cans white beans, drained and rinsed.

***Condiments and spices are calculated as a 25 cent estimate each time they are used.

***Watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

Directions: Sauté chopped onion, garlic in olive oil in a large pot for several minutes. Add vegetables and cook for several more minutes. Add beans, broth, thyme and chili powder. Cook at low heat for about two hours, until beans are tender. Cool before whipping with hand blender to desired consistency. Makes about 4 quarts. Double the recipe and freeze a batch! Once the chili has been pureed, add a dash or two of vinegar (red wine, apple cider or balsamic) for a brighter flavor. For a more substantial soup, add leftover chicken.

Nutritional Information per 2 cup Serving:

Calories	275
Total Fat	6g
Saturated Fat	1g
% of daily total	5%
Carbohydrates	42g
Protein	14g
Fiber	4g

	% of daily total
Vit A	56%
Vit C:	14%
Calcium:	17%
Iron	30%
Good source of*	Vitamins A, C, B, Calcium, Iron, Magnesium, Potassium and Zinc
*(10% or more of the RDA)	



based on 2000 calorie diet

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