



February 2015

## Quick Bites — Beans

If you're looking for a quick and easy way to eat well and stay healthy this year, add this savory bean soup to your recipe repertoire. Sweet potatoes, chickpeas and white beans mingle with cumin and basil for a simple soup that's packed with cancer-protective nutrients. Beans are rich in soluble and insoluble fiber, helping to stabilize blood sugar, promote intestinal health and lower your risk for colorectal cancer.



### Sweet Potato Bean Soup

Makes 8 servings.

Per serving: 250 calories, 3.5 g total fat (<1 g saturated fat), 42 g carbohydrate, 15 g protein, 10 g dietary fiber, 480 mg sodium

#### Ingredients:

- 2 cartons (32 oz.) low-sodium chicken broth
- 1 lb. (3-4 medium) sweet potatoes, peeled, cut into 1/2-inch pieces
- 1 medium onion, chopped
- 3 stalks celery, sliced 1/4-inch thick
- 1 can (6 oz.) tomato paste
- 1/2 tsp. paprika
- 1/4 tsp. ground cumin
- Salt and freshly ground black pepper
- 2 cans (15.5 oz.) cannellini (white kidney beans), drained and rinsed
- 1 can (15.5 oz.) chickpeas, drained and rinsed
- 1/3 cup fresh basil or parsley, coarsely chopped

#### Did You Know?

For weight loss, beans are an excellent source of low-calorie protein, complex carbohydrates and fiber to help you feel full for longer.

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#### Directions:

1. In large pot over high heat, pour in broth and add sweet potatoes, onion, celery, tomato paste, paprika and cumin and bring to a boil. Add salt and pepper to taste. Reduce heat and simmer until vegetables are tender, about 20-25 minutes.
2. Stir in beans and chickpeas. Cover and simmer until beans are heated through, about 3-4 minutes.
3. Gently stir soup until well mixed and ladle into soup bowls. Garnish with basil or parsley and serve.
4. For creamy soup, purée a portion of the soup, return to the pot and combine well before serving.