



TOMATO AND CORN SOUP WITH WHITE BEANS

ingredients:

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

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 6 bowls. Top each bowl with 1/6 of the beans and 1/6 of the chopped basil. Serve.

Yield: 6 servings

Nutrition Information Per Serving:

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

Food exchanges:

1 bread, 5 vegetable, 1 fat



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