

# NOT YOUR GRANNY'S SOUP BEANS

NUTRITION FOR MOTHER AND BABY

## INGREDIENTS

- 1/2 white onion, diced
- 1 tablespoon of olive oil
- 2 cans low sodium white beans, drained and rinsed
- 1/2 box of low sodium vegetable or chicken stock (16 ounces)
- 1 bag frozen sliced carrots
- 1 box frozen chopped spinach, heated in microwave and drained well
- 1 tablespoon Italian seasoning
- 2 teaspoons garlic powder
- 1 teaspoon black pepper

## INSTRUCTIONS

1. Microwave spinach according to package instructions then drain
2. Heat 1 tablespoon of oil in a large pot with a lid
3. Cook the diced onion in the oil for about 5 minutes, stirring often
4. Add the stock and white beans
5. Add the rest of the ingredients, stir well, and bring to a boil
6. Turn down the heat to low then simmer gently with the lid on for 15-20 minutes

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DIABETES FRIENDLY



4 SERVINGS



30 MIN



# NOT YOUR GRANNY'S SOUP BEANS NUTRITION FACTS

Check the label

How can consuming this recipe help manage your Gestational Diabetes?

Unlike traditional soup beans, this recipe is low calorie, low in saturated fat, low sodium, and contains no added sugars. With 17 grams of protein, this meal will keep you full and satisfied. The added veggies also provide a powerful dose of vitamins and minerals, including 100% of your daily Vitamin A which is important for your baby's development.

## Magical Beans

Beans have an incredible amount of fiber which has been shown to help control blood sugar and reduce the symptoms of gestational diabetes. One serving of these beans contains more than half of your daily fiber needs!

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## Nutrition Facts

Serving size 2 Cups

Amount Per Serving

**Calories 280**

% Daily Value\*

**Total Fat 4g 5%**

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 450mg 20%**

**Total Carbohydrate 45g 16%**

Dietary Fiber 18g 64%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein 17g 34%**

Vitamin D 0mcg 0%

Calcium 204mg 15%

Iron 6.2mg 35%

Potassium 1216mg 25%

Vitamin A 920mcg 100%

Vitamin E 2.97mg 20%

Folate 111mcg 30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

You can subtract dietary fiber when calculating carbohydrates, so this dish has a net carb amount of 27 grams.

# COST BREAKDOWN

# NOT YOUR GRANNY'S SOUP BEANS

SHOPPING LIST	COST	COST PER SERVING
• 1 white onion	\$1.13	\$0.19
• 2 cans white beans	\$1.56	\$0.26
• 1 box of vegetable stock	\$1.33	\$0.22
• 1 bag frozen diced carrots	\$0.98	\$0.16
• 1 box frozen chopped spinach	\$1.12	\$0.19
• Italian seasoning	\$1.00	\$0.17
• Garlic powder	\$1.00	\$0.17
<b>TOTAL</b>	<b>\$8.12*</b>	<b>\$1.35</b>

\*Based on 6 servings. Prices obtained from Walmart.com

This soup will keep in a sealed container in the fridge for 3-4 days or frozen for up to 6 months! To reheat, you can thaw in the microwave or on the stove top, stirring often to prevent sticking. You may need to add 1/2 to 1 cup of water or stock since the soup will have thickened as it cooled.



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