

healthy **habits**

EATING WELL ON A BUDGET

Vegetarian Bean Soup

This healthy, low-cost recipe features many of the ingredients available at the Rhode Island Community Food Bank. Take a look and try it out at home.

Ingredients:

- 3½ pounds canned vegetarian beans
- 32 oz vegetable broth
- 14½ oz sliced canned carrots
- 14½ oz canned stewed tomatoes (with celery and green chiles)
- 1 tsp ground ginger
- 2 tsp ground garlic
- 1 tsp salt
- 1 tsp smoked paprika



Directions:

1. In a sauce pan, add beans, carrots, stewed tomatoes, and vegetable broth; place on stove and bring to a simmer.
2. Once your ingredients are simmering, add in ground ginger, ground garlic, salt, paprika, an apple cider vinegar.
3. Heat all for another 15 minutes until finished. Enjoy!