

Roman Bean Soup

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*1/2 pound pink or pinto beans
1 carrot, minced
1 medium onion, minced
1 stalk celery, minced
2 tablespoons salad oil
2 cloves garlic, mashed
2 tablespoons parsley, chopped
1 cup tomatoes, peeled, seeded and
chopped
salt (to taste)
pepper (to taste)
1/4 teaspoon rosemary
1 cup hot rice
Parmesan OR Romano cheese, grated*

Soak the beans overnight in water to cover well. In the morning, drain them. Place in a good-sized heavy casserole. Cover generously with fresh water. Add the carrot, onion and celery.

Bake, covered, in a very slow oven at 275 degrees for about two and one-half hours or until the beans are medium soft. (This can be done on top of the stove instead, over the lowest possible heat.) Stir occasionally. If the soup seems rather thick, thin out with water.

In a heavy skillet, heat the oil and saute' the garlic, parsley and tomatoes, until the tomatoes are soft.

Add this mixture to the casserole as soon as the beans are ready. Season to taste with salt, pepper and rosemary.

Simmer the soup for 30 minutes longer. Remove about one cup of beans and reserve. Strain the rest and put the solid part through a food mill. (Or add a little of the liquid and blend for 30 to 40 seconds.)

Place all together again in the casserole. Add the reserved beans and the rice. Check the seasoning and reheat.

Serve with a bowl of grated cheese.

Per Serving (excluding unknown items): 93 Calories; 7g Fat (65.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-----------|-----------------------------|-------|
| Calories (kcal): | 93 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 65.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 30.0% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 4.6% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 7g | Folacin (mcg): | 20mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 4g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refused: | 0.0% |
| Carbohydrate (g): | 7g | Food Exchanges | |
| Dietary Fiber (g): | 2g | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 21mg | Vegetable: | 1 1/2 |
| Potassium (mg): | 247mg | Fruit: | 0 |
| Calcium (mg): | 23mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 1 1/2 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 16mg | | |
| Vitamin A (i.u.): | 5457IU | | |
| Vitamin A (r.e.): | 545 1/2RE | | |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

| | | | |
|----------------------------|------|---------------------------|------|
| Calories | 93 | Calories from Fat: | 61 |
| % Daily Values* | | | |
| Total Fat | 7g | | 11% |
| Saturated Fat | 1g | | 4% |
| Cholesterol | 0mg | | 0% |
| Sodium | 21mg | | 1% |
| Total Carbohydrates | 7g | | 2% |
| Dietary Fiber | 2g | | 7% |
| Protein | 1g | | |
| Vitamin A | | | 109% |
| Vitamin C | | | 26% |
| Calcium | | | 2% |
| Iron | | | 3% |

* Percent Daily Values are based on a 2000 calorie diet.