

Italian Bean Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-italian-bean-soup-recipe>

Ingredients:

- 4 tomatoes
- 2 tablespoons oil
- 2 onions finely chopped
- 2 carrots finely diced
- 2 cloves garlic peeled and crushed
- 2 zucchini small, finely diced
- 1 1/4 cups tomato passata sieved tomatoes
- 2 1/2 cups vegetable stock
- 3 cups cucumber canned
- salt
- pepper
- 1/2 cup Parmesan cheese grated
- olive oil

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 10 milligrams
4. Fat: 15 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1330 milligrams
9. Sugar: 17 grams

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