

# Mexican White Bean Soup

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 2 cups white beans dried, where to buy legumes
- 2 tablespoons lemon juice
- 1 onion large, chopped
- 3 carrots sliced
- 4 cloves garlic minced
- 3 tablespoons olive oil
- 2 1/2 teaspoons cumin
- 1/2 teaspoon salt where to buy real salt
- 2 cups broth beef or chicken, how to make homemade broth, where to buy quality broth
- 1 can chopped green chilies
- sour cream
- cayenne pepper optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 490 milligrams
9. Sugar: 4 grams

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