

# Skinny Southern Bean Soup

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 2 slices turkey bacon cut into 1/2-inch pieces
- 1 small onion about 1 cup
- 1 green bell peppers seeded and chopped
- 1 celery stick chopped
- 2 garlic cloves minced
- 1 tablespoon tomato paste
- 16 ounces baked beans vegetarian
- 15 1/2 ounces pinto beans drained
- 1/2 pound turkey kielbasa or smoked sausage, cubed
- 1 cup water
- 1 cup 2% milk
- 6 cups spinach or mustard greens, chopped
- black pepper to taste

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1340 milligrams
9. Sugar: 14 grams

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