

# White Bean Soup (vegan)

2 ½ cups dried cannellini or other white beans

Pressure cook 40 minutes. Set aside.

2 large red or yellow onions, diced

2 heads garlic, minced

3 Tablespoons sweet paprika

1/2 cup olive oil

Sauté on medium-low heat in heavy pan in olive oil until soft. About 25 minutes. Stir frequently. Do not let burn.

8 cups water

1 head cauliflower, cut into medium pieces

Bring to a boil, then turn to medium and let cauliflower cook for ~20 minutes until tender. Use a submersible blender or put the solid mixture into a food processor with the white beans and purée until smooth. Return to heavy pot. Add:

4 cups soy milk (original, not vanilla)

½ cup organic applesauce

5 teaspoons salt

1 teaspoon crushed rosemary

1 teaspoon freshly ground black pepper

1/8 tsp. nutmeg

4 dashes cayenne pepper

1 Tablespoon white balsamic vinegar

Heat until it is not quite a boil, turn down to low and heat for 15 minutes. Serve with [cornbread](#).

<http://bit.ly/1yH3w4E>

Serves at least 8.



Nutrition Facts	
Serving Size 381 g	
Amount Per Serving	
<b>Calories</b> 195	Calories from Fat 92
% Daily Value*	
<b>Total Fat</b> 10.2g	<b>16%</b>
Saturated Fat 1.4g	<b>7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1067mg	<b>44%</b>
<b>Potassium</b> 302mg	<b>9%</b>
<b>Total Carbohydrates</b> 20.4g	<b>7%</b>
Dietary Fiber 6.0g	<b>24%</b>
Sugars 6.7g	
<b>Protein</b> 7.3g	
Vitamin A 38%	Vitamin C 86%
Calcium 6%	Iron 14%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	