

## Robust Bean Soup

**Serves: 12**

### Ingredients

½ cup each dry black beans, yellow-eye beans, kidney beans, and navy beans  
¼ cup each lentils, barley, yellow split peas, and green split peas  
3 quarts cold water  
1 large onion, chopped (1 cup)  
3 large carrots, chopped (1 ½ cups)  
3 stalks celery with leaves, chopped

1 bay leaf  
Crushed red pepper to taste  
1 (28-ounce) can no-added-salt tomatoes with juice, chopped  
2 Tbsp. fresh basil, chopped  
(or 1 ½ tsp. dried basil)

Wash dry beans and lentils thoroughly. Place in large bowl, cover with cold water, and soak.

Place drained, rinsed bean and lentils with all ingredients except basil in an 8-quart saucepan.

Bring to boil over high heat. Reduce to simmer. Cook for 2 ½ to 3 hours.

Add basil before serving.

Per serving: 191 calories, 36 g carbohydrates, 1 g fat, 0 mg cholesterol, 11 g protein, 4 g fiber, 28 mg sodium.