

## Multi-Bean Medley

**Serves: 6**

### Ingredients

8 oz. green beans, trimmed and halved crosswise	1 can (15 oz.) unsalted small white beans, such as cannelloni, rinsed and drained
1 (16 oz.) bag frozen lima beans	1 medium carrot, diced
2 tsp. olive oil	1 celery stalk, diced
1 cup onion, finely chopped	1 cup fat-free, reduced-sodium chicken broth
3 garlic cloves, finely minced	Salt and freshly ground black pepper, to taste
1 bay leaf	3 Tbsp. flat-leaf parsley, finely chopped (optional)
Fresh rosemary sprigs or dried rosemary, to taste	

Bring a pot of salted water to boil. Add green beans and cook them at a simmer until they are crisp yet tender, about 4 minutes. Scoop beans out of the boiling water with a slotted spoon and transfer beans to a bowl of ice water. When beans are cool, drain water.

Return pot of water to a rapid boil and add lima beans. Cook for 4 minutes, drain and rinse beans under water.

In a 4-quart saucepan, heat olive oil. Add onion, garlic, bay leaf, and rosemary. Cook over low heat, stirring frequently, until onion is soft, about 4 minutes.

Add canned white beans, carrots, celery, and chicken broth. Bring mixture to a simmer and cook, covered, for about 10 minutes, stirring occasionally. Add green beans and lima beans and simmer, uncovered, until just heated through. Season to taste with salt and pepper. Stir in parsley. Discard bay leaf and rosemary sprigs and serve.

Per serving: 180 calories, 6 g total fat (0 g saturated fat), 23 g carbohydrates, 12 g protein, 9 g dietary fiber, 220 mg sodium.