



TUSCANY RICE AND BEAN SOUP


QUICK INFORMATION

TIME

45 MINS

SERVES

6

CALORIES

300

GLUTEN FREE

RECIPE

INGREDIENTS

- 1 cup uncooked Lundberg® White Basmati Rice
- 8 oz. Italian sausage
- 3 (16oz.) cans low-sodium chicken broth
- 1 (28 oz.) can diced tomatoes
- ½ tsp. salt
- ¼ tsp. freshly cracked black pepper
- ¼ tsp. dried oregano
- 1 (15.5 oz.) can Great Northern beans, undrained

NUTRITIONAL FACTS

Serving Size: 1/6 serving (373g)

AMOUNT PER SERVING

Calories 300 Calories from Fat

Total Fat 4.5g
 Saturated Fat 1.5g
 Trans fat 0g

Cholesterol 10mg

Sodium

Total Carbohydrate 48g
 Dietary Fiber 7g
 Total Sugars 4g

Protein 16g

PREPARATION

Brown sausage in 3 to 4 quart saucepan over medium-high heat, about 6 minutes. Drain fat. Stir in broth, tomatoes, salt, pepper and oregano; bring to a boil. Stir in rice and beans. Cover and simmer 15 to 20 minutes, or until rice is cooked.

Recipe adapted from USA Rice Federation