

Collard Greens and White Bean Soup

6 servings

Cost: \$0.81 per serving

Ingredients

- 1 lbs. of collard greens
- 2 cans of any kind of white bean
- 1 can of diced carrots
- 3 celery ribs chopped
- 1 medium onion
- 4 cups vegetable broth
- 1 teaspoon of Italian seasoning
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon Black pepper
- ½ teaspoon Garlic powder



Directions

1. Wash hands with warm, soapy water (at least 20 seconds.)
2. Drain and rinse canned carrots and bean
3. Wash produced thoroughly
4. Chop collard greens and onions
5. In a large pot add collards, beans, carrots, onions, celery ribs

Chef's Note:**Nutrition Facts label does not include optional ingredients or substitutes**

Contains no Known Allergen

Nutrition Facts

servings per container	
Serving size	(394g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 262mg	20%
Iron 2mg	10%
Potassium 513mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.

Sopa de berza y judías blancas

6 servings

Cost: \$0.81 per serving

Ingredients

- 1 libra de berza
- 2 latas de cualquier tipo de judía blanca
- 1 lata de zanahorias picadas
- 3 costillas de apio picadas
- 1 cebolla mediana
- 4 tazas de caldo de verduras
- 1 cucharadita de condimento italiano
- ½ cucharadita de sal
- ½ cucharadita de cebolla en polvo
- ½ cucharadita de pimienta negra
- ½ cucharadita Ajo en polvo



Directions

- Lavarse las manos con agua tibia y jabón (al menos 20 segundos).
- Escurrir y enjuagar las zanahorias y judías en conserva
- Lavar bien los productos
- Picar la berza y la cebolla
- En una olla grande, añadir la berza, las judías, las zanahorias, las cebollas y las costillas de apio

Nota del

Chef: **La etiqueta de información nutricional no incluye ingredientes opcionales ni sustitutos*

No contiene alérgenos conocidos

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Esta institución ofrece igualdad de oportunidades.