

ITALIAN BEAN SOUP ...with herb toast

1 c dry Great Northern beans	2 cloves garlic, minced (2 t)
1 c dry small red or pinto beans	¼ t pepper
1 28 oz can chopped tomatoes, undrained	1 medium onion, chopped
1 9 oz pkg frozen Italian style green beans	1 T margarine
6 one inch thick slices Italian bread	1/8 t garlic salt
2 1/8 t Italian seasoning, crushed & divided	
2 T instant beef bouillon granules OR 6 vegetable bouillon cubes	

SLOW COOKER DIRECTIONS: Combine dry beans, 5 c water, onion, bouillon granules, garlic, 2 t Italian seasoning and pepper. Cook covered on high heat setting 5 ½ to 6 ½ hours (low heat setting, 11 to 13 hours) or until beans are almost tender. Meanwhile, thaw green beans and stir into soup. Add undrained tomatoes. Cook about 30 minutes more on high setting.

HERB TOAST: stir together margarine, garlic salt and remaining 1/8 t Italian seasoning. Spread atop 1 side of each bread slice. Place bread, margarine side up on unheated rack of broiler pan. Broil 4 to 5 inches from heat for 45 to 60 seconds or until crisp and light brown. Ladle soup into small bowls and float one piece of herb toast atop each bowl of soup.

Makes 6 servings.

Calories: 300, Carbohydrate: 55 grams, Protein: 15 grams, Fat: 2 grams.