

White Bean and Spinach Soup

Ingredients:

- 2 t olive oil
- 1 medium onion, chopped (about 1 ¼ c)
- 3 medium cloves garlic, minced
- 1 large carrot, peeled; cut into small dice
- 1 rib celery; cut into small dice
- 1 T flour
- 4 c low sodium chicken broth
- 1 14oz can no-salt diced tomatoes, with juice
- 1 15oz can cannellini beans, drained and rinsed
- 1 t dried oregano
- ½ t dried rosemary
- 4 c washed, stemmed, and coarsely chopped spinach leaves
- Kosher salt
- Freshly ground black pepper

Directions:

1. Heat the olive oil in a large saucepan over medium-high heat. Add onion, garlic, carrot, and celery. Stir to coat, then cook for 6 minutes, stirring often to keep the ingredients from sticking to the bottom of the pan. The vegetables will have softened.
2. Add the flour and cook, stirring for 2 minutes. Add the broth, tomatoes, beans, oregano, and rosemary. Bring to a boil; then reduce the heat to medium-low and cook uncovered stirring occasionally, for 20 minutes.
3. Add the spinach and cook for 5 minutes, stirring to incorporate so the spinach wilts. Season with salt and pepper to taste. Serve hot.
4. Makes 7 ½ cups (8 servings)

Nutritional Information:

154 calories, 2 g fat, n/a saturated fat, n/a cholesterol, 477 mg sodium, 26g carbohydrates, 6g dietary fiber, n/a sugar, 9g protein

Recipe Source: Nutritionist Robyn Webb

Shared by: Garry Lindsay

