

Savory Bean Soup

1 teaspoon olive oil
½ cup red onion, chopped
2 celery stocks, chopped
2 carrots, chopped
2 garlic cloves, chopped
1 cup fat-free, low sodium chicken broth
1 cup water
1 15-oz can Chickpeas or Navy beans, rinsed and drained
1 14.5 oz can no-salt added diced tomatoes, drained
¼ tsp crushed red pepper flakes (optional)
1 teaspoon dried oregano
1 teaspoon dried thyme
2 cups fresh spinach or kale
1/3 cup shredded parmesan or Romano cheese

In a large saucepan, heat olive oil over medium heat. Add onion, celery and garlic for 5-6 minutes or until onion and celery are tender and garlic is golden brown. Stir in broth, water, beans, tomatoes, oregano, thyme and red pepper flakes. Bring to a boil then reduce heat and simmer for 20-25 minutes. Stir in spinach or kale and simmer covered for until wilted. Serve with parmesan cheese.

Serves 6. One serving=1 cup

Calories 150 Fat 3.5g Carbohydrate 20g Fiber 4g Protein 8g Sodium 240mg