

White Bean Veggie Soup

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Recipe: <http://foodandhealth.com/recipes.php?id=8>

Ingredients (Yield: Makes about 6, 1.5c servings)

- 1 cup chopped onion
- 1/2 cup sliced celery
- 1 cup carrots, sliced
- 2 teaspoons minced garlic
- 1 teaspoon vegetable oil
- 3 cups cooked white beans, drained and rinsed, divided in half
- 3-1/2 cups fat-free reduced-sodium chicken broth
- 2 cups broccoli florets
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon ground thyme leaves
- 1/4 teaspoon ground rosemary or minced leaves
- Black pepper, to taste
- 1 cup frozen spinach leaves

Preparation

1. Heat a large soup pan over high heat and add oil. Sauté the onion, celery, carrots, and garlic in oil until lightly golden, about 3 minutes. Add half the beans, chicken broth, broccoli florets, and herbs to the soup pan and bring to a boil. Reduce the heat to a simmer and cook until the broccoli is tender, about 5 minutes.
2. While soup is cooking, process the remaining beans in a food processor or mash them until smooth. Stir the puréed beans and spinach into the soup; simmer until hot, about 2 minutes. Serve hot in soup bowls.