



## RECIPE OF THE Month

# Mediterranean Spinach Soup

Enjoy a hearty, high-fiber bowl full of flavor.

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| 1   | 15-oz cans red beans, drained and rinsed   |
| 1/2 | medium onion, chopped                      |
| 1   | medium carrot, diced                       |
| 1/2 | tsp minced garlic                          |
| 4   | cups sodium-reduced chicken broth          |
| 8   | cups baby spinach leaves, coarsely chopped |
| 3   | tbsp fresh lemon juice                     |
|     | Grated Romano cheese to taste              |

- 1 In large pot, heat oil over medium temp; add onion and carrot and cook, stirring, 4-5 minutes.
- 2 Stir in garlic; add broth and continue cooking.
- 3 Meanwhile, mash half the beans (with 1 tbsp soup broth) until creamy; stir into soup and add remaining whole beans.
- 4 Reduce heat, add spinach; cover and simmer 30 minutes.
- 5 Stir in lemon juice, and garnish with cheese.

**MAKES 7 CUPS. Amount per Cup:**

152 calories | 10g protein | 2.8g fat | 21g carbs | 8g fiber | 355mg sodium