



# Tuscan Bean Soup

Recipe courtesy of The American Heart Association



**Servings:** 6

**Serving Size:** 1 cup

### Ingredients

- 1 tsp. olive oil (extra virgin preferred)
- ½ small red onion (chopped)
- 1 medium celery (chopped)
- 1 medium garlic clove (minced)
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz. canned, no-salt-added Great Northern beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 tsp. dried oregano (crumbled)
- ½ tsp. dried thyme (crumbled)
- ¼ tsp. crushed red pepper flakes
- 2 cups spinach
- ½ cup grated Parmesan cheese

### Nutrition Facts | 100 Calories Per Serving

Total Fat . . . . .	2.0 g
Saturated Fat . . . . .	1.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	0.0 g
Monounsaturated Fat . . . . .	1.0 g
Cholesterol . . . . .	3 mg
Sodium . . . . .	207 mg
Total Carbohydrate . . . . .	14 g
Dietary Fiber . . . . .	4 g
Sugars . . . . .	5 g
Added Sugars . . . . .	0 g
Protein . . . . .	7 g

### Dietary Exchanges

½ lean meat, ½ starch, 1 vegetable

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### Directions

**1** In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.

**2** Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.

**3** Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.

**4** Just before serving, sprinkle the soup with the Parmesan.



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