

## Tuscan White Bean Soup



*Serves 6*

### **Ingredients:**

4 carrots, cut into 1" pieces

1 large onion, diced

2 tablespoons olive oil

½ teaspoon dried oregano

½ teaspoon dried basil

¼ teaspoon Greek seasoning

¼ teaspoon dried rosemary

4 tablespoons tomato paste

2-15-oz cans cannellini (white) beans

4 cups low- sodium chicken stock

4 cups fresh spinach

**Directions:**

1. Sauté carrots and onion in olive oil on medium heat until soft.
2. Add remaining ingredients and simmer for 20 minutes or until liquid is reduced and slightly thickened. Add spinach and simmer for 5 minutes.

Nutrition Facts per Serving: Calories: 230, Total Fat: 6g, Sat Fat: 1g, Cholesterol: 15mg, Sodium 550mg, Total Carbohydrates: 32g Fiber: 10g, Protein: 13g

Source: Texas A&M Agrilife Extension