

10 MIN HEALTHY SPINACH PARM SOUP

SERVES: 10

- 4 (15 oz.) cans white (cannellini) beans, drained and rinsed
- 1 yellow onion, diced
- 6-8 cloves garlic, minced
- 3 cups vegetable broth (low-sodium)
- 3 cups water
- 1 (15 oz.) can diced tomatoes, drained
- $\frac{3}{4}$ cup grated Parmesan cheese
- 1 tbsp. Italian dried herbs
- $\frac{1}{2}$ tsp. black pepper
- 4 cups baby spinach (about 6 oz.)
- 3 tbsp. chopped parsley
- 1 tbsp. olive oil

Calories: 87, Fat: 5g (Sat. 2g), Sodium: 400 mg, Potassium: 118mg, Carbs: 5g, Protein: 5g, Vitamin A: 33%, Calcium: 17%

1 In large pot or saucepan, heat olive oil over medium-high heat. Add onion and garlic; cook until onions are translucent and garlic is fragrant (about 2-3 minutes), while stirring occasionally. Add in the broth, water, tomatoes, parmesan cheese, Italian herbs and pepper.

2 Bring to a boil, reduce heat and simmer for 5 minutes to blend all the flavors together.

3 Stir in the cannellini beans and spinach, and continue to simmer gently until the spinach has wilted, (about 2 minutes). Stir in parsley, serve immediately.