

15 MINUTE SOUP

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With mother nature toying with our hopes of snow. This 15-minute soup is an easy, healthy recipe you can make at home for that warm and fuzzy feeling (with or without snow).

Ingredients

- 1 (16 ounce) can unsalted Great Northern Beans, drained**
- 1 (14 ounce) can low-sodium chicken broth**
- 1 (16 ounce) can chopped or diced tomatoes, undrained**
- 1 small onion, chopped**
- ½ teaspoon garlic powder**
- 1 tablespoon Italian seasoning**
- 1 (10 ounce) package frozen, chopped spinach**
- ½ cup uncooked whole-wheat macaroni**

Directions

- 1. In a 2-quart pot, combine all ingredients except spinach and macaroni**
- 2. Heat until liquid comes to a boil**
- 3. Stir in and break up spinach, bring to boil again**
- 4. Stir in macaroni and simmer until pasta is tender, about 6-8 minutes**

Ideas: Feel free to swap ingredients like kale for spinach or your favorite whole wheat pasta for macaroni to add variety. Remember vegetables are naturally low in fat and calories, so add what you like.

Nutrition Information

145 Calories, Total Fat 0.5g,
Saturated Fat 0g, Protein 7g,
Total Carbohydrate 28g,
Dietary Fiber 7g, Sodium
135mg

Excellent source of Vitamin A
& C. Good source of iron and
calcium.



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