

# Savory Bean & Spinach Soup

Slow cookers are a great option for preparing a main dish for a potluck lunch. Even if your office doesn't have a kitchen, all you need to keep this one hot until serving time is an electrical outlet!

Chock full of nutrition and low in fat & calories, this soup will keep you (& your lucky co-workers) satisfied for hours. The recipe can be easily doubled if you have a large crockpot (8 quart or larger). Add some crusty whole-grain bread to round out this delicious meal.

*Tip: Use mugs for serving soup to keep the serving sizes small! Note that the nutritional info will be cut in half, if serving in mugs.*

## **Ingredients**

3 14oz cans vegetable broth  
1 15oz can tomato puree  
1 15oz can small white beans or Great Northern beans, drained and rinsed  
½ cup uncooked brown rice  
½ cup finely chopped onion  
1 tsp dried basil  
¼ tsp salt  
¼ tsp black pepper  
2 garlic cloves, chopped  
8 cups coarsely chopped fresh spinach or kale  
Finely shredded Parmesan cheese



## **Preparation**

1. In a 3.5-4 qt slow cooker (use an 8qt or larger crockpot if doubling the recipe), combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper & garlic.
2. Cover; cook on low heat setting for 5-7 hours or on high heat setting for 2 ½-3 ½ hours.
3. Just before serving, stir in spinach or kale and sprinkle with Parmesan cheese. Serves 6 (12 if using mugs in lieu of bowls).

## **Nutrition (1/6 of recipe)**

150 calories, 9g protein, 31g carbohydrates, 3g fat (1g sat), 8g fibre