

Hot and Healthy Soups

TUSCAN BEAN SOUP

Beans are high in fiber and antioxidants which aren't just good for the waistline, but may aid in disease prevention too (Kovacs, 2007)!



Ingredients

15 mL (1 tbsp) extra virgin olive oil
1 large onion, diced
2 carrots, diced
2 stalks celery, chopped
3 cloves garlic, minced
10 mL (2 tsp) dried oregano leaves
5 mL (1tsp) dried basil leaves
2 mL (1/2 tsp) hot pepper flakes
125 mL (1/2 cup) brown rice
1 can (796 mL/28 oz) no salt added stewed tomatoes
750 mL (3 cups) sodium reduced chicken or vegetable broth
1 can (540 mL/19 oz) mixed beans, drained and rinsed
1 pkg (300 g/10 oz) frozen chopped spinach

Instructions

1. In soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 10 minutes or until softened. Stir in rice to coat.
2. Add tomatoes, broth, beans and spinach; bring to boil. Cover and simmer for about 40 minutes or until rice is tender.
3. Slow cooker variation: Combine all the ingredients in slow cooker and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
4. Frozen vegetable option: Omit spinach and add 500 mL (2 cups) frozen mixed vegetables.

Kovac, J. (2007). Beans: Protein-rich superfoods. Retrieved from www.webmd.com

Richards, E. (2011). Hearty Tuscan soup. Retrieved from www.heartandstroke.mb.ca

Nutritional Info per serving

Calories: 138
Protein: 7g
Total Fat: 2g
Saturated Fat: 0g
Fibre: 5g
Potassium: 531 mg
Sodium: 351 mg