

FIFTEEN-MINUTE SOUP

Makes 4 servings

Prep Time: 15 minutes

Cook Time: 6-8 minutes

Ingredients

- 1½ cups pre-soaked beans or 1 (16-ounce) can beans, drained
- 1 (14-ounce) can low-sodium chicken broth
- 1 (16-ounce) can chopped or diced tomatoes, undrained
- 1 small onion, chopped
- 1/2 teaspoon garlic powder
- 1 (10-ounce) package frozen, chopped spinach
- 1/2 Cup macaroni

Directions

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

Nutrition information Per Serving

145 calories
Total Fat .5 g
Saturated Fat 0 g
Protein 7 g
Total Carbohydrate 28 g
Dietary Fiber 7 g
Sodium 135 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Good Source of Iron

 Good Source of Calcium

Eat Smart



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

