## 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**

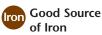
- 1. In a 2-quart pot, combine all ingredients except spinach and macaroni.
- 2. Heat until the liquid comes to a boil.
- 3. Stir in and break up spinach; bring to a boil again.
- 4. Stir in macaroni and simmer until pasta is tender, about 6-8 minutes.

## **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











**Eat Smart** 



