

Bean and Tomato Soup

Ingredients

1 Tablespoon vegetable oil

1 medium onion, chopped

2 garlic cloves, minced

2 (14½-ounce) cans white kidney beans, drained and rinsed

1 (13¾-ounce) can low sodium chicken broth

1 cup water

¼ teaspoon black pepper

½ teaspoon Italian seasoning, crushed

1 (14½-ounce) can diced tomatoes

1 (10-ounce) package frozen spinach, thawed

Makes 8 servings

Instructions

1. In 4-quart saucepan heat oil until hot. Add onion and garlic: cook and stir until softened, 3 to 4 minutes.
2. Add beans, broth, water, black pepper, Italian seasoning and tomatoes: bring to boil: reduce heat and simmer, covered, for 15 minutes.
3. Stir in spinach; cook until spinach is tender, 2 to 3 minutes. Serve hot.

Notes:

- Substitute 3 fresh tomatoes in place of canned tomatoes.
- Substitute 3 cups fresh spinach in place of frozen.
- Sprinkle with parmesan cheese on individual servings.

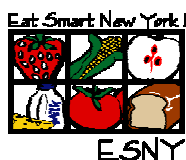
Nutrition Facts

Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 70%	• Vitamin C 20%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

21% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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