

Tuscan Bean Soup

Ingredients:

1 teaspoon olive oil	14.5 oz. canned, no salt added, diced tomatoes, undrained
1/2 red onion, chopped	1 teaspoon dried oregano
1 medium stalk celery, chopped	1/2 teaspoon thyme
1 clove garlic, minced	1/4 teaspoon red pepper flakes
2 cups low sodium chicken broth	2 cups spinach
15.5 oz. canned, no salt added Great Northern Beans, rinsed and drained	1/3 cup parmesan cheese, grated

Directions:

1. In a large sauce pan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook onion, celery, and garlic for 4-5 minutes, or until the onion and celery are soft.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes.
3. Stir in the spinach. Simmer, covered, for 2-3 minutes, or until the spinach is wilted.
4. Just before serving, sprinkle the soup with the parmesan.

Nutrition Facts	
Serving Size 1 cup (249g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	
Vitamin A 15%	• Vitamin C 10%
Calcium 10%	• 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	

For more information, please contact:

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Source: American Heart Association

