Brown Rice and Bean Soup

Ingredients:
- ½ cup quick cooking brown rice*
- 2 celery ribs, thinly sliced
- 2 medium carrots, thinly sliced
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 Tbs. olive oil
- 2 ½ cups water
- 1 can (14 oz.) diced tomatoes, drained
- 2 cups reduced sodium vegetable or chicken broth
- 1 tsp. dried basil
- ⅛ tsp. pepper
- 1 can (15 oz.) white kidney or cannellini beans, rinsed and drained
- 2 cups shredded fresh spinach

Optional: grated parmesan cheese

* If using regular brown rice an additional 30 minutes of cooking time is required, or use 1 cup of cooked brown rice

Directions:
1. In a large non-stick sauce pan, sauté the celery, carrots, onion and garlic in olive oil for 5 min.
2. Stir in the water, tomatoes, broth, basil and pepper.
3. Bring to a boil, reduce heat; cover and simmer for 10 minutes or until carrots are tender.
4. Add beans and brown rice; continue simmering 5 minutes.
5. Stir in spinach and cook for about 2 minutes, until spinach is wilted.
6. If desired – serve soup topped with 2 tsp. grated parmesan cheese. [2 tsp. of grated parmesan cheese will add 20 calories, 1.5 g. of fat and 85 mg. of sodium to a 1 cup serving of soup]

Yields about 6 servings

Source: Recipe developed by the Chemung County CCE

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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