Brown Rice and Bean Soup
Makes 6 – 1 cup servings

Ingredients:
2 celery ribs, thinly sliced
2 medium carrots, thinly sliced
1 medium onion, chopped
1 garlic clove, minced
1 tablespoon olive oil
2 ½ cups water
1 14.5 ounce diced tomatoes, drained
2 cups reduced sodium vegetable or chicken broth
1 teaspoon dried basil
⅛ teaspoon pepper
1 15 ounce white kidney or cannellini beans, rinsed and drained
½ cup instant cooking brown rice*
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 minutes
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 teaspoons grated parmesan cheese. [ 2 teaspoons 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]

Source: Chemung County Cornell Cooperative Extension

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