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 quick 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

Nutrition Facts
6 servings per container
Serving size 1 cup (398g)
Amount per serving
Calories 150
% Daily Value*
Total Fat 3g 4%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 400mg 17%
Total Carbohydrate 24g 9%
Dietary Fiber 5g 18%
Total Sugars 5g
Includes 0g Added Sugars 0%
Protein 8g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

18% calories from fat