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

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

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