

FIFTEEN-MINUTE SOUP

Makes 4 servings

Prep Time: 15 minutes

Cook Time: 6-8 minutes

Ingredients

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

Directions

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Nutrition information Per Serving

170 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 36 g
Dietary Fiber 9 g
Sodium 920 mg



Excellent Source of Iron



Excellent Source of Vitamin A



Excellent Source of Vitamin C



Good Source of Calcium

Recipe analyzed without the optional ingredient



Eat Smart

