

Tomato Potato Florentine Soup

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

Cook time: 25 minutes

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

2 stalks celery, sliced

2 carrots, sliced

1 container (32 ounce) reduced-sodium chicken broth

1 can (28 ounce) crushed tomatoes OR 1 jar (26 ounce) marinara sauce

1 pound russet potatoes, peeled and cubed

2 teaspoons dry basil

garlic salt (to taste)

ground pepper (to taste)

3 cups fresh spinach, coarsely chopped

Heat the oil in a large saucepan.

Add the onion, celery and carrots. Cook for 5 minutes to lightly brown.

Stir in the broth, tomatoes, potatoes and basil. Bring to a boil. Reduce the heat and simmer, covered, for 30 minutes.

Let cool slightly, then puree' in a blender or food processor until smooth.

Pour back into the saucepan. Stir in the spinach. Cook for a minute or more to wilt the spinach.

Serving Ideas: Add a small amount of basil pesto and a sprinkle of Parmesan cheese to each bowl for added Italian flavor.

Per Serving (excluding unknown items): 154 Calories; 4g Fat (20.7% calories from fat); 4g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.