

# **Vegetable Bean Soup**

**Servings: 8**

**3 medium carrots, sliced**  
**1 1/2 cups onions, chopped**  
**1 cup celery, sliced**  
**1 tablespoon canola oil**  
**3 cloves garlic, minced**  
**2 cans (14 1/2 oz) chicken broth**  
**2 cans (15 oz) navy or great northern beans, rinsed, drained and divided**  
**2 cups fresh broccoli florets**  
**1/2 teaspoon salt**  
**1/2 teaspoon dried rosemary, crushed**  
**1/4 teaspoon dried thyme**  
**1/4 teaspoon pepper**  
**1 cup fresh baby spinach (optional)**

In a Dutch oven, saute' the carrots, onions and celery in oil until tender. Add garlic; cook 1 minute longer.

Stir in broth, one can of beans, broccoli and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 5 to 7 minutes.

Place remaining beans in a blender; cover and process until smooth. Add to the soup with spinach; simmer for 2 minutes or until heated through.

**Yield: 2 quarts**

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Per Serving (excluding unknown items): 58 Calories; 2g Fat (33.2% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.