



## GARDEN VEGETABLE RICE SOUP

Warm up this winter with a hearty and comforting soup. This dish is filled with a variety of vegetables that are packed with fiber.

**Yield:** 8 servings

**Serving Size:** 1 ¼ cup

### Ingredients:

- 1 Tbsp **olive oil**
- 1 yellow **onion**, diced
- 4 cloves **garlic**, minced
- 3 **carrots**
- 3 stalks **celery**
- 1, 15oz. can **kidney beans**
- 1, 15oz. can **fire roasted diced tomatoes**
- 1 tsp **Italian seasoning**
- 1/2 tsp smoked **paprika**
- **Black pepper** to taste
- 1 cup **white rice**, uncooked
- 4 cups **broth**, such as vegetable or chicken, low sodium preferred
- 2 cups **water**
- 1/4 lb. frozen **spinach**

### Instructions:

Add the olive oil and onion to a large pot and sauté over medium-low heat until the onions are soft and transparent. Add minced garlic and sauté for one minute longer.

1. While the onion is cooking, wash and peel the carrots. Then slice carrots into 1/4-inch-thick rounds. Wash the celery and slice into 1/4-inch pieces. Add the carrots and celery to the pot and continue to sauté until they just begin to soften (about 5 minutes).
2. While the carrots and celery are cooking, rinse the rice well with cool running water. Drain and rinse the kidney beans. Add the rice, kidney beans, diced tomatoes (with juices), Italian seasoning, smoked paprika, and a few dashes of pepper.
3. Add the broth and water to the pot, place a lid on top, and turn the heat up to medium-high. Allow the pot to come to a boil, then turn the heat down to low and let simmer for 25 minutes.
4. After simmering for 25 minutes the rice should be tender. If not, let simmer a few minutes longer. Stir in the frozen spinach until heated through. Taste the soup and add salt or additional spices if necessary. Serve hot.

*Option to top soup with crackers or serve with crusty bread.*

**Per Serving:** Calories 200, Carbohydrates 36.2g, Protein 7g, Saturated Fat 0.3g, Sodium 627.9 mg, Fiber 8.6g, Sugars 8.1g

This recipe was adapted from [www.budgetbytes.com](http://www.budgetbytes.com).

