

BEYOND HUNGER

White Bean Soup with Pasta

Fall is right around the corner! Enjoy this warm, hearty soup on chilly days. Leftovers can be stored in the freezer for up to 3 months. This recipe can be served as a filling lunch or dinner.

Yields: 6 servings

Serving Size: 1, 1/3 cups

Ingredients:

- 1 tsp **extra-virgin olive oil**
- 1 **medium onion**, diced
- 3 **large carrots**, diced
- 2 **cloves garlic**, minced
- 1 tsp **Italian seasoning**
- 1 tsp **salt**
- ¼ tsp **crushed red pepper**
- ¼ tsp **pepper**
- 1, 28-ounce can **diced tomatoes** (low-sodium, preferred)
- 2 cups **low-sodium chicken broth**
- 1, 15-ounce can **cannellini beans/white kidney beans**, rinsed (low-sodium preferred)
- 8 ounces small **whole-wheat pasta**, such as elbows
- 1 ½ cups frozen **cut-leaf spinach**

Instructions:

1. Put a large saucepan of water on to boil.
2. Heat oil in a large pot over medium-high heat; add carrot and onion and cook until softened about 5-6 minutes. Stir occasionally.
3. Add garlic, Italian seasoning, salt, crushed red pepper, and ground pepper. Cook, stirring, until fragrant- about 1 minute.
4. Add tomatoes, chicken broth, and beans, and bring to a boil. Reduce heat to maintain a lively simmer. Cover and cook, stirring occasionally until the tomatoes begin to break down, about 10 minutes.
5. Cook pasta in the boiling water for 1 minute less than the package directions. Drain.
6. Stir spinach into the soup and cook on low until softened about 2-3 minutes.
7. Stir in the pasta just before serving.

Chefs note: If planning to freeze, don't add the pasta to the entirety of the soup. (Only add pasta to the served portions.) It will absorb too much liquid.

Per Serving: Calories 277 kcal, Carbohydrates 51 g, Protein 12 g, Saturated Fat 0.6 g, Sodium 478 mg, Fiber 11.6 g, Sugars 0.1 g Protein 12.2g

The recipe is adapted by Eating Well. <https://www.eatingwell.com/recipe/7923697/white-bean-soup-with-pasta/>