

TUSCAN HILLS BEAN SOUP

Source: Recipe4Living.com

Cook/Prep Time: less than 1 hour

INGREDIENTS:

1 C chopped onions
4 cloves garlic, minced
1 TBS flour
1/4 tsp dried thyme
2 whole cloves
4 cans (14 1/2 oz each) low-salt chicken broth
1 can (17 oz) baby lima or navy beans
 OR 1 1/2 C cooked dry-packaged baby lima beans, rinsed/drained
1 can (15 oz) garbanzo beans
 OR 1 1/2 C cooked dry-packaged garbanzo beans, rinsed/drained
1 can (15 oz) kidney beans
 OR 1 1/2 C cooked dry-packaged kidney beans, rinsed/drained
2 TBS low-sodium tomato paste
1 1/2 C cooked regular or quick-cooking barley
1 large potato, unpeeled/cut into 1/2" pieces
1 C sliced carrots
1 C packed sliced spinach leaves or escarole leaves

DIRECTIONS:

Sauté onions, celery & garlic 2-3 minutes in oil in large saucepan - stir in flour, herbs & pepper & sauté till onions are tender (2-3 more minutes).

Add chicken broth, beans & tomato paste to saucepan - heat to boiling - reduce heat & simmer, uncovered 20-25 minutes, adding barley, potato, carrots & last 10 minutes of cooking time - discard bay leaves. Serve with fresh crusty bread.

[per serving: calories: 335; carbohydrates: 60g; total fat: 5g; cholesterol: 0mg; sodium: 15mg]