

15-MINUTE SOUP

Sourced from Faithful Families Thriving Communities

PREP TIME: 15 MINUTES | COOK TIME: 6-8 MINUTES

SERVINGS: 4 | SERVING SIZE: 1/4 RECIPE

NUTRITION FACTS

170 calories
Total Fat: 0g
Saturated Fat: 0g
Carbohydrates: 36g
Fiber: 9g
Protein: 11g
Sodium: 920mg
Cholesterol: 0mg

INGREDIENTS

- 1 can (16oz) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) vegetable bouillon
- 2 cans (16 oz) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10oz) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.



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NUTRITION AND RECIPE TIPS

- Substitute great northern beans for any favorite canned beans, or add both into your soup.
- Increase protein content by adding cooked canned chicken or browned lean ground beef or turkey to this soup.
- Substitute your favorite leafy green (collards, cabbage, kale) for spinach.
- Excellent source of :
 - **calcium**: aids in bone health.
 - **fiber**: may help reduce the risk of colorectal cancer.
 - **iron**: prevents anemia; aids in body growth and development.
 - **vitamin A**: aids in vision and immune system function.
 - **vitamin C**: aids in growth, development, and repair of the body.