

## Spinach and Kidney Bean Soup



### Ingredients:

- 2 teaspoons olive or canola oil
- 1 cup onion, diced
- 1 red bell pepper, diced
- 2 cloves of garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- Salt and pepper, to taste
- 1- 14 ounce can diced tomatoes
- 3 cups low-sodium chicken broth
- 1- 15 ounce can kidney beans
- 2 cups fresh spinach

### Instructions:

1. Heat olive oil in a large pan.
2. Sauté onions until browned.
3. Add garlic, red pepper and spices and cook 1 more minute.
4. Add the diced tomatoes and chicken broth and bring to a boil.
5. Reduce heat to simmer for 10 minutes.
6. Add the kidney beans and spinach. Cook until spinach begins to soften or wilt.

Makes 6 servings.



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