

Hearty Vegetable Soup (Protein, Vegetable)



Ingredients:

- 1 T olive or canola oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and chopped
- 2 ribs celery, chopped
- 1 can reduced-sodium diced tomatoes
- 1 c reduced- sodium chicken broth
- 2 c reduced- sodium vegetable juice
- 1 can black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 1 T dried basil
- 1 t dried oregano
- black pepper, to taste
- 2 c. fresh baby spinach stems removed

Directions:

1. Sauté onion and garlic in oil until tender.
2. Add carrots and celery, sauté for 5 minutes or until celery is slightly soft.
3. Add remaining ingredients EXCEPT spinach.
4. Simmer until carrots are tender. Add spinach.
5. Simmer until spinach is wilted.

Makes 10 servings.



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