



Tawil Physical Therapy
& Sports Performance

Tuscan Bean Soup

Recipe courtesy of The American Heart Association



Servings: 6

Serving Size: 1 cup

Ingredients

- 1 tsp. olive oil (extra virgin preferred)
- ½ small red onion (chopped)
- 1 medium celery (chopped)
- 1 medium garlic clove (minced)
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz. canned, no-salt-added Great Northern beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 tsp. dried oregano (crumbled)
- ½ tsp. dried thyme (crumbled)
- ¼ tsp. crushed red pepper flakes
- 2 cups spinach
- ⅓ cup grated Parmesan cheese

Nutrition Facts | 100 Calories Per Serving

Total Fat	2.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	3 mg
Sodium	207 mg
Total Carbohydrate	14 g
Dietary Fiber4 g
Sugars5 g
Added Sugars	0 g
Protein7 g

Dietary Exchanges

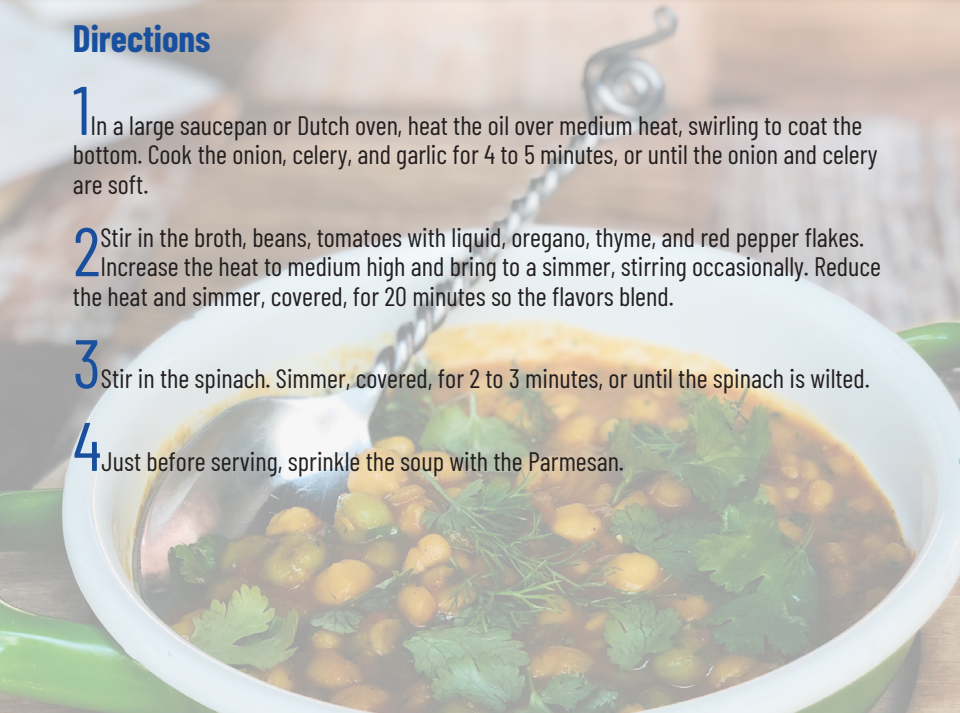
½ lean meat, ½ starch, 1 vegetable



Tuscan Bean Soup

Directions

- 1 In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.
- 2 Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
- 3 Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.
- 4 Just before serving, sprinkle the soup with the Parmesan.



tawilpt.com 201-552-9072



8701 Kennedy Blvd., North
Bergen, NJ 07047