Hearty Greens and Beans Soup
in a new light

Makes: 6 servings (1 1/2 cups)

Prep Time: 10 minutes
Cook Time: 25 minutes
Difficulty: Easy

Ingredients:
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 medium carrot, diced
- 3 garlic cloves, minced
- 1 (3/4-pound) head escarole, cleaned and chopped
- 1 (32-ounce) container low-sodium chicken broth
- 2 (15 1/2-ounce) cans no-salt-added cannellini beans, rinsed and drained
- 1 (14.5-ounce) can no-salt-added fire-roasted tomatoes
- 1 cup water
- 2 tablespoons Parmesan cheese, grated

Directions:
Heat oil in a large nonstick saucepan over medium-high heat. Add onion, carrot, and garlic and cook, stirring occasionally, until the vegetables are very tender, about 8 minutes.

Add escarole, broth, beans, tomatoes, and water; bring to a boil. Reduce the heat and simmer, stirring occasionally, until the escarole is tender and the flavors are blended, about 15 minutes. Stir in the cheese. Serve at once.

Nutritional Information: Per serving (1 1/2 cups): 190 calories, 4.5 g fat (0.5 g saturated, 0 g trans), 0 mg cholesterol, 170 mg sodium, 29 g carbohydrate, 12 g fiber, 9 g protein.