



Vegetable Bean Soup

1 tablespoon olive oil, divided
3/4 cup yellow onion, chopped
2 tablespoons garlic, sliced
8 ounces mushrooms, quartered
3 cups tomatoes (about 2 large tomatoes), chopped
1 cup unsalted vegetable stock
3/4 teaspoon kosher salt
1 (15-oz.) can unsalted Great Northern beans, rinsed and drained
5 ounces baby spinach
1 tablespoon cider vinegar
Freshly ground pepper- to taste

Heat 1 tablespoon oil in large pan over medium-high. Add onion and garlic and cook for 2 minutes, stirring occasionally. Add mushrooms and cook for an additional 5 to 6 minutes or until browned, stirring occasionally. Add tomatoes, stock, salt, and beans and bring to a boil. Cook 5 minutes or until the mixture thickens and about half of the liquid has evaporated, stirring occasionally. Add spinach and cook 2 minutes, stirring occasionally. Remove from heat. Sprinkle with pepper and serve. Makes 6 servings (3/4 cup each).

Nutrition information per serving: 171 calories, 9 grams protein, 6 grams fat, 22 grams carbohydrate, 387 mg sodium.