



CENTRAL  
STATE UNIVERSITY

**Extension**



# Hearty Bean Soup

## Ingredients

- 2 teaspoons olive oil
- 1 link cooked Italian-style chicken sausage
- 2 large carrots, chopped (about 1 cup)
- ½ large onion, chopped (about 1 cup)
- 2 cloves garlic, minced
- 4 cups chicken broth
- ½ teaspoon Italian seasoning
- ½ teaspoon black pepper
- 2 (15-ounce) cans Great Northern, Navy, or other white beans, drained and rinsed
- 1 6-ounce bag baby spinach (or 2 cups shredded raw spinach, packed)

## Directions

1. Heat the oil in a large saucepan or soup pot, and sauté sausage briefly to brown. Remove from pan, and sauté carrots, onions, and garlic for about 5 minutes, stirring frequently.
2. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.
3. Using a blender wand, puree some of the soup. (If you're using a regular blender, take out about two cups, puree, and return to pot.) It's up to you how much to puree: Do you like your soup thick or thin?
4. Add sausage chunks back in, and simmer recombined soup for 5 more minutes.
5. Turn off heat. Add spinach and stir until spinach wilts in the hot soup.

### Nutrition Notes

- Calories 185
- Protein 15 grams
- Fat 23 grams
- Saturated Fat 6 grams
- Fiber 14 grams
- Sodium 332 mg

An Oldways recipe and photo (Cynthia Harriman)

