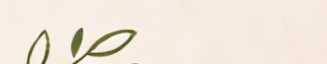




Speedy Tomato and White Bean Soup



 Serves: 4

 Total Time:
20 minutes

 Estimated Cost:
\$4



Ingredients



- 1 can (28 oz) crushed tomatoes,
- 2 cans (15 oz each) white beans, drained and rinsed,
- 3 cups low-sodium vegetable or chicken broth,
- 1 cup frozen spinach,
- 3 garlic cloves, minced,
- 1 tsp olive oil,
- 1 tsp Italian seasoning,
- Salt and pepper to taste



Instructions



- 1 Heat olive oil in a large pot over medium heat. Add garlic and cook for about a minute.
- 2 Pour in the crushed tomatoes and broth. Stir in the Italian seasoning.
- 3 Add the white beans and frozen spinach (no need to thaw). Stir to combine.
- 4 Simmer for 12 to 15 minutes, season with salt and pepper, and serve.