

Popeye's Spinach and Bean Soup



- 1 15-ounce can **low-sodium** kidney or navy beans, drained and rinsed
- 1 24-ounce can **low-sodium** tomatoes, chopped, undrained
- 2 cups **low-sodium** vegetable or chicken broth
- 1 **medium** onion, chopped
- 1 teaspoon **ground** cinnamon
- 1 teaspoon **ground** cumin
- 2 cups **spinach**, chopped
- pepper** to taste

- 1 In a large soup pot stir in first 6 ingredients.
- 2 Heat soup to boiling; reduce heat and simmer 5 to 10 minutes.
- 3 Stir spinach into soup. Season to taste with pepper.

Per serving: 147 calories, 9g protein, 29g carbohydrate (10g fiber), 1g fat (.1g sat, .2g mono/poly), 583mg sodium

Serves 4

SEASONED COOK

This soup that can be a quick lunch or add shredded chicken or fish to a delicious, easy dinner.