

Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Winter Warm-Up, White Bean and Spinach Soup

"A yummy, healthy Italian soup!"



Cynthia Holbert
Houston, TX
(Pop.2.1M)

Hearty and healthy Cynthia Holbert's White Bean and Spinach Soup will quickly become a family favorite. The zesty cayenne and lovely black wild rice make this recipe kicky in more ways than one. A terrific way to warm up on a cool day!

See step-by-step photos of Cynthia's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/beansoup

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet

White Bean & Spinach Soup



What You Need

- 1/2 lb dried navy beans (soaked for 6 hours)
- 2 tbsp coconut oil
- 2 stalks celery, diced
- 1 medium onion, diced
- 2 Italian turkey sausage links
- 36 oz organic chicken broth
- 1/2 tsp pepper
- 5 oz spinach, fresh
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 tsp powdered red pepper
- 1 tbsp garlic powder

- 1 c diced carrots
- Salt to taste
- 1 c black wild rice

Directions

- Soak beans for 6 hours in water.
- Heat oil in large pot over medium heat.
- Remove sausage from skin, brown and crumble.
- Add diced carrots, celery and onion.
- Saute for 5 minutes.

- Add beans, chicken broth, pepper, rice, and spices.
- Bring to a boil, then simmer on medium low for 1 hour.
- Add washed spinach and bring to a back to a boil.
- Lower heat and simmer for 10 minutes.

Submitted by: Cynthia Holbert, Houston, TX (pop. 2.1M)

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