

Tuscan White Bean & Spinach Soup

From – *low-cholesterol.food.com*

2 tsp olive oil
1 garlic clove, finely minced
1 shallots, finely diced
3 -4 cups chicken or vegetable broth
14 ½ oz can diced tomatoes
14 ½ oz can white beans
½ cup uncooked whole wheat pasta shells
1 tsp rosemary
3 cups spinach
1/8 tsp black pepper
dash crushed red pepper flakes

- In a large sauce pan, saute the shallots & garlic in the olive oil.
- Add broth, tomatoes, beans and rosemary to pot. Season with black and red pepper. Bring to boil.
- Add pasta and cook 12 minutes.
- Add spinach and cook until wilted.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com