

Autumn Bean Soup

(serves 6)

(beans can be canned or cooked from dry)

2 cups white kidney beans (cannelloni)

1 cup kidney or red beans

1 cup chickpeas (garbanzo)

2-3 cups fresh spinach, washed drained and chopped

4 cups water

2 onions, chopped

2 cloves garlic, minced

1 tsp each dried basil and oregano

1 tbsp dried parsley

pepper to taste

Combine all ingredients and simmer until onions are soft, about 45 minutes.

1 serving = 144 calories, 24g carbohydrates, 8g protein, 2g fat