

# Mediterranean White Bean & Chicken Soup

Recipe from RAMC Dietitians

## Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2-3 large carrots, chopped
- 2-3 celery, chopped
- 6 cups vegetable broth
- 1 teaspoon dried thyme
- ½ teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 15oz canned white beans
- 2 cups baby spinach
- 8oz cooked chicken, chopped

## Instructions:

1. Cook chicken.
2. Heat olive oil in large pot over medium-high heat. Add onions and cook until translucent.
3. Add garlic, carrots, celery, thyme, oregano, salt and pepper. Cook for 2-3 minutes.
4. Add broth and beans. Bring to a boil then reduce heat. Simmer for 15 minutes.
5. Stir in spinach and cooked chicken. Simmer another 2 minutes.
6. Remove from heat. Serve hot.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	192
% Daily Value *	
Total Fat	3 g 5 %
Saturated Fat	1 g 3 %
Monounsaturated Fat	2 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	17 mg 6 %
Sodium	1485 mg 62 %
Potassium	663 mg 19 %
Total Carbohydrate	28 g 9 %
Dietary Fiber	6 g 25 %
Sugars	8 g
Protein	15 g 31 %
Vitamin A	477 %
Vitamin C	14 %
Calcium	34 %
Iron	17 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



Surgical Weight Loss at RAMC Specialty Group