

North Woods Bean Soup 😊

Adding turkey kielbasa lends this hearty soup recipe a rich, slow-simmered flavor even though it takes just 25 minutes to make.

Yield:

5 servings (serving size: about 1 1/2 cups)

Ingredients

Cooking spray

1 cup baby carrots, halved

1 cup chopped onion

2 garlic cloves, minced

7 ounces turkey kielbasa, halved lengthwise and cut into 1/2-inch pieces

4 cups fat-free, less-sodium chicken broth

1/2 teaspoon dried Italian seasoning

1/2 teaspoon black pepper

2 (15.8-ounce) cans Great Northern beans, drained and rinsed

1 (6-ounce) bag fresh baby spinach leaves

Preparation

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally.

Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Place 2 cups of the soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes.

Remove soup from heat. Add the spinach, stirring until spinach wilts.

Enjoy 😊