

White Bean, Chicken Noodle, and Escarole Soup

from *Cooking Light*

Preparation time: 7 minutes

10 cup water
6 cups chopped escarole (about 3/4 pound) or fresh spinach
2 teaspoons olive oil
2 garlic cloves, chopped
1/2 cup water
1/4 teaspoon crushed red pepper
1/4 teaspoon black pepper
1 (19-ounce) can cannellini beans or other white beans, drained
1 (10 3/4-ounce) can condensed reduced-sodium chicken noodle soup, undiluted (such as Campbell's Healthy Request)
1/4 cup (1 ounce) grated fresh Parmesan cheese

Bring 10 cups water to a boil over high heat in a large Dutch oven or stockpot. Add the escarole, and reduce heat to medium. Cook for 10 minutes or until tender; drain well.

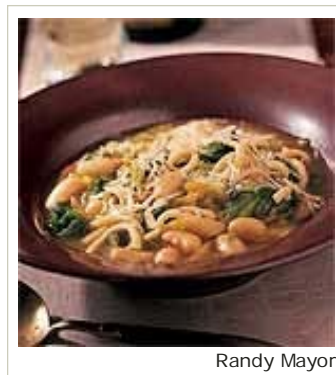
Heat oil in pan over medium heat. Add garlic; cook for 3 minutes or until lightly browned. Stir in 1/2 cup water, crushed red pepper, black pepper, cannellini beans, and soup. Bring to a boil; add cooked escarole, and cook until thoroughly heated. Ladle into individual bowls, and sprinkle with cheese.

NOTE: One (10-ounce) package of frozen chopped spinach that has been thawed, drained, and squeezed dry (about 1 1/4 cups) can be substituted for escarole or fresh spinach.

Yield: 4 servings (serving size: 1 cup soup and 1 tablespoon cheese)

CALORIES 267 (27% from fat); FAT 8.1g (sat 2.2g, mono 3.4g, poly 1.8g); IRON 4.1mg; CHOLESTEROL 15mg; CALCIUM 176mg; CARBOHYDRATE 36.5g; SODIUM 643mg; PROTEIN 14.5g; FIBER 4.2g

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