

15 Minute Soup  
Makes 4 servings  
Serving Size : about 1 ½ cups

Ingredients

- 1(16oz) can unsalted Great Northern Beans, drained
  - 1 (14oz) can low-sodium chicken broth
- 1 (16oz) can chopped or diced tomatoes, undrained
  - 1 small onion, chopped
  - ½ teaspoon garlic powder
- 1 (10oz) package frozen, chopped spinach
- ½ cup uncooked whole-wheat macaroni

Directions

1. In a 2-quart pot, combine all ingredients except spinach and macaroni.
2. Heat until the liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until pasta is tender, about 6-8 minutes.