

BEAN SOUP ROMANA

1 c cooked or canned white beans, drained	2/3 c julienne-cut carrots
1 c cooked or canned colored beans, drained	½ c julienne-cut celery
½ c chopped onion	1 clove garlic, minced
2 qts beef broth or stock	½ c small cooked shell pasta
1 t oregano, crushed	salt
1 can (8 oz) tomatoes, crushed	½ c grated Romano cheese
1 2/3 c bite-sized pieces spinach, loosely packed	1 T olive oil

Sauté garlic and onion in oil. Add beans, broth and oregano. Simmer, covered, until beans are tender. Add tomatoes, carrots and celery. Simmer 15 minutes longer. Stir in spinach and pasta; adjust seasoning with salt. Simmer 5 minutes or only until thoroughly heated. Makes 8 servings (about 2 quarts)

Calories: 184, Carbohydrate: 15 grams, Fat: 5.5 grams.