

Ingredients:

- 1 pkg of your favorite pre-cooked sausage, thinly sliced
- 2- 15oz. cans white beans, such as cannellini, rinsed
- 4 cups vegetable broth
- 3 carrots, peeled and sliced
- 3 stalks celery, chopped
- 2 stalks celery, chopped
- 1 Tbs oil (olive, canola, vegetable)
- 2 cloves garlic, minced
- 2 cups chopped fresh spinach (or 16oz frozen)

Directions:

- Heat oil in large stock pot over medium heat.
- Add sliced sausage, garlic, carrots, celery, and broth to pot. Bring to a boil, then reduce heat to low and cook for 20-30 minutes, or until vegetables are fork tender.
- Add beans and continue to cook for 10 more minutes.
- Add spinach and cook until spinach is wilted (if fresh) or thawed (if frozen).
- Season with salt and pepper to taste.
- Serve warm with crunchy whole grain bread.



Featured Food: Beans



Beans are inexpensive, simple to prepare, and full of nutrients including protein, fiber, iron, and calcium. They come in several varieties that can be purchased dried or canned. Beans are highly versatile and can be included in your meals in so many exciting ways.

Each cup of cooked beans contains 15 grams of protein, 15 grams of fiber, and 45 grams of carbohydrates.

For more information, visit www.ncdhhs.gov/ncwic

