



chiropractic laser physical rehab naturopathy massage therapy acupuncture reiki reflexology bowen

Autumn Bean Soup (serves 6)

FLT (per serving): 1.5 legumes, unlimited category 1 vegetables

144 calories, 24 g carbohydrates, 8 g protein, 2 g fat

2 cups white kidney beans (cannelloni)
1 cup kidney or red beans
1 cup chickpeas (garbanzos)
2-3 cups fresh spinach or escarole, washed, drained, and chopped OR 1 10 oz.
package frozen spinach
4 cups chicken or vegetable broth
2 onions, chopped
2 cloves garlic, minced
1 tsp. each dried basil and oregano
1 tbsp. dried parsley
Pepper to taste
Parmesan cheese (optional)

1. Combine all ingredients and simmer until onions are soft, about 45 minutes.
2. Garnish with optional parmesan cheese.