

Tuscan Bean Soup

1 cup packaged peeled baby carrots, coarsely chopped

1 small onion, chopped

3 tablespoons olive oil

1/2 cup dry white wine, optional

2 (15 oz) can cannellini beans, rinsed and drained

1 (32 oz) box chicken broth

2 – 3 teaspoons dried Italian seasoning, crushed

1 1/2 cups chicken, cooked and chopped

1 (5 oz) package baby spinach

Freshly cracked black pepper

In 4-quart Dutch oven cook and stir carrots and onion in 1 tablespoon olive oil over medium-high heat for 3 minutes. Add wine, if using; heat to boil and cook 2 minutes. Add beans, broth, and seasoning. Bring to boiling; slightly mash beans. Add chicken. Reduce heat; simmer, uncovered, 8 minutes, stirring occasionally.

Meanwhile, in large skillet heat remaining oil over medium-high heat. Add spinach; toss with tongs 1 to 2 minutes, just until wilted. Remove from heat. Ladle soup; top with spinach, sprinkle with pepper.

Makes 4 servings.