

Soups and Stews

Corn and Bean Stew with Baby Spinach

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Serves: 5

Preparation Time: 30 minutes

Ingredients:

- 2 cups fresh or frozen corn
- 1 1/2 cups cooked white beans, great northern, or cannellini or I (15 ounce) can low-sodium or no-salt added, drained
- 1 1/2 cups cooked kidney beans or 1 (15 ounce) can low-sodium or no-salt added, drained
- 1 red bell pepper, diced
- 1 medium carrot, diced
- 1 large onion, diced
- 2 cloves garlic, chopped
- 1 medium potato, peeled and diced
- 3 cups low sodium or no-salt-added vegetable broth
- 2 tablespoons Dr. Fuhrman's VegiZest or other no-salt seasoning, adjusted to taste
- 2 teaspoons dulse
- 1 teaspoon Mrs. Dash seasoning (or to taste)
- 1 teaspoon herbes de provence
- 14 ounces baby spinach

Instructions:

Add all ingredients except spinach to a soup pot. Bring to a boil, reduce heat, cover and simmer for 20 minutes or until vegetables are tender. Add spinach and cook for an additional 5 minutes or until wilted.

To make in a crock pot:

Place all ingredients, except for spinach, in crock pot and cook on low for 8 hours or high for 4 hours. Add the spinach to wilt 1/2 hour before done.

Per Serving:

CALORIES 307; PROTEIN 19g; CARBOHYDRATES 60g; TOTAL FAT 2.7g; SATURATED FAT 0.4g; SODIUM 227mg; FIBER 12.9g; BETA-CAROTENE 7340ug; VITAMIN C 127mg; CALCIUM 245mg; IRON 7.6mg; FOLATE 402ug; MAGNESIUM 207mg; ZINC 2.5mg; SELENIUM 5.8ug

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