

# Mediterranean Potato Soup

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*Provided by Placer/Nevada UC CalFresh Nutrition Education program, and Auburn Interfaith Food Closet*



Recipe Type: Soup

Serves: 6 – 8

Prep Time: 10 minutes    Cook Time: 30 minutes

## Ingredients

- 1 ½ teaspoons vegetable oil
- 1-2 cloves garlic, minced
- ¾ cup onion, chopped
- 3 medium red potatoes, unpeeled, cubed (3 cups)
- 2 celery stalks, chopped (1 cup)
- 5 carrots, peeled and sliced (2 cups)
- 4 cans (14.5-oz.) vegetable or chicken broth (or 7 cups of water plus 5-6 small bouillon cubes)
- ¼ teaspoon ground pepper
- 1 tablespoon Italian seasoning
- 1 package (10-oz.) frozen spinach
- 1 can (15-oz.) red kidney beans, drained and rinsed
- 2 cups whole wheat noodles, uncooked
- ¼ cup Parmesan cheese, grated (optional)

## Directions

1. Heat oil in 6-quart pot, and sauté garlic and onions for about 3-4 minutes.
2. Add potatoes, celery, carrots, broth (or water), pepper and Italian seasoning; cover and bring to boil. Reduce heat and simmer 15 minutes.
3. Add spinach, kidney beans, and noodles. Bring to boil again, and stir gently to break up spinach. Cook until noodles are soft, about 8-10 minutes.
4. Ladle into bowls, and serve with parmesan cheese (optional).



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