



Leftover Soup

Yield: 10 servings

Cost Per Serving: \$0.08

Cook Time: 30 minutes

Ingredients:

- 2 Tbsp olive oil
- 2 carrots (diced)
- 2 celery ribs (diced)
- 1 small onion (diced)
- 1 cup canned green beans (drained, and rinsed)
- 3 garlic cloves, finely chopped
- 3 Tbsp all-purpose flour
- 6 cups chicken broth low sodium
- 1 Tbsp rosemary
- ½ tsp thyme
- ½ tsp oregano
- ½ tsp black pepper
- ½ cup uncooked brown rice or small whole grain pasta of your choice
- 2 cups chopped leftover holiday meat (chicken, turkey, ham, etc.)
- 2 cups spinach
- ¼ cup fresh lemon juice

Directions:

1. In a large Dutch oven, heat the oil over medium-high heat. Add the carrots, celery, onion. Cook until vegetables begin to soften, about 7 minutes. Add the garlic and cook for 1 minute. Stir in the flour and cook, stirring constantly, for 2 minutes.
2. Slowly stir in the broth, rosemary, salt, thyme, oregano, and black pepper and bring to a boil. Stir in the rice or pasta. Reduce the heat to medium so the soup gently boils and cook until the rice or pasta is tender, 8 to 10 minutes. Add the green beans, meat, spinach, and lemon juice, if using. Cook until the spinach wilts, about 1 minute.