**Creamy White Bean and Spinach Soup**

**Ingredients**

* 1/2 cup (104g) dried navy beans, soaked overnight
* 1 tablespoon olive oil
* 1 large onion, chopped
* 2 cloves garlic, chopped
* 4 cups (113g) spinach
* 1 tablespoon Dijon mustard

**Directions**

Soak the navy beans overnight, then drain. In a 2-quart pot, heat the olive oil over medium-high heat. Add the onions and garlic and stir until the onions start to sizzle. Reduce the heat and cook, stirring occasionally for about 5 minutes. Add 2 cups (475ml) water and the drained beans and raise the heat to bring to a boil. Cover the pot and reduce the heat to medium-low to simmer the beans. Cook for about 45 minutes.

When the beans are tender, transfer the contents of the pan to a blender. Add the spinach and Dijon mustard and secure the lid. Hold a folded kitchen towel over the lid to keep the hot liquids in as you blend. Puree until the beans are smooth and the spinach is minced.

Pour back in the pan and heat, if necessary. Serve hot.

**Serves: 4 | Serving Size: 1 cup**

**Nutrition (per serving):***Calories: 98; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 0mg; Sodium: 128mg; Carbohydrate: 17g; Dietary Fiber: 7g; Sugar: 2g; Protein: 5g*