

# TOFU, TOMATO AND SPINACH SOUP

From USDA SNAP-Ed Recipe Finder

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& Montana State University Extension Service

<http://www.montana.edu/nep/recipes.htm>

## **Ingredients**

- 1 tsp. vegetable oil
- ¼ cup chopped onion
- 1 minced garlic clove
- 6 cups water or chicken broth or 4 teaspoons or cubes chicken bouillon (or use vegetable broth)
- 1 package (10.5 ounce) tofu, silken, firm or extra firm - patted dry and cut into ½ inch cubes
- 2 chopped tomatoes
- 3 chopped green onions (optional)
- 4 cups fresh spinach leaves - washed and dried, torn or cut (if large) or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry
- 1 Tbsp. soy sauce
- ¼ tsp. pepper
- ¼ cup cilantro leaves (optional)

## **Instructions**

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Makes 4 servings

### **Cost**

Per Recipe: \$ 3.11

Per Serving: \$ 0.78

### **Nutritional information per serving (4 servings)**

Calories: 110 calories

Calories from fat: 45

Total fat: 5g

Saturated fat 0.5g

Cholesterol: 0g

Sodium: 290mg

Total carbohydrate: 10g

Dietary fiber: 2g

Sugars: 4g

protein 8g

Vitamin A 70 %

Vitamin C: 40 %

Calcium: 20 %

Iron: 15%

Percent daily values based on a 2000 calorie diet.



**Wellness Center**