

Savory Bean and Veggie Soup



INGREDIENTS

1 (15-oz.) can cannellini or other white beans, drained & rinsed
 1 Tbsp. olive oil
 1 medium yellow onion, diced (about 1 cup)
 2 carrots, peeled and chopped (about 1 cup)
 2 stalks celery, diced (about ½ cup)
 1 small zucchini, diced (about 1½ cups)
 2 cloves garlic, minced
 2 tsp. chopped fresh thyme leaves (or ½ tsp. dried)
 2 tsp. chopped fresh sage leaves (or ½ tsp. dried)

½ tsp. salt
 ¼ tsp. freshly ground black pepper
 4 cups low-sodium chicken broth
 *substitute with vegetable broth
 1 (14.5-oz.) can diced tomatoes (no-salt-added preferred)
 2 cups chopped greens (baby spinach preferred)
 ⅓ cup freshly grated parmesan, optional
 *omit parmesan cheese



DIRECTIONS

1. Heat the oil in a large soup pot over medium-high heat.
2. Add onion, carrots, celery, zucchini, garlic, thyme, sage, ½ tsp. of salt, and ¼ tsp. of pepper, and cook, stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil.
4. Add the beans and the greens and cook until the leaves are wilted, about 3 minutes more.
5. Serve with a sprinkle of parmesan cheese (optional).

NUTRITION FACTS 6 servings

Calories: 145	Total Carbohydrate: 21 g
Fat: 4 g	Dietary fiber: 5 g
Sodium: 529 mg	Protein: 8 g