



Tuscan Bean and Vegetable Soup

Ingredients

- 1 can cannellini or white beans, drained and rinsed
- 1 Tbsp olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1-2 cloves garlic, minced
- 2 tsp fresh thyme (or 1/2 tsp dried)
- 2 tsp fresh sage leaves (or 1/2 tsp dried)
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 4 cups low-sodium chicken broth or vegetable broth
- 1 can (800 mL) diced tomatoes
- 2 cups chopped baby spinach leaves

Equipment:

- Can opener
- Colander
- Knives – 2
- Cutting board
- Large soup pot
- Measuring cups (dry)
- Measuring spoons
- Mixing spoons -2

Directions

1. Rinse beans under cool water in colander.
2. Rinse all vegetables. Dice onions, carrots, celery and mince garlic
3. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, garlic, thyme, sage and cook stirring occasionally until the vegetables are tender, about 5 minutes.
4. Add the broth and tomatoes with the juice and bring to a boil. Add the beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.