



Tuscan Bean Soup

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 teaspoon olive oil
- ½ medium onion, chopped (about ½ cup)
- 2 celery stalks, chopped (about ½ cup)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼-½ teaspoon crushed red pepper flakes, to taste
- 2 cups (16 ounces) low-sodium vegetable broth
- 1 (15-ounce) can no-salt-added white beans (e.g. cannellini beans, great northern beans), drained and rinsed
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 3 cups fresh spinach (about 3 ounces)
- 6 tablespoons shredded or grated parmesan cheese, divided

Directions

1. Heat a large saucepan or pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and garlic. Sauté until the onion and celery are soft, about 3-5 minutes.
4. Add the oregano, thyme, and red pepper flakes. Sauté until fragrant, about 1 minute.
5. Stir in the broth, beans, and the tomatoes with their juice.
6. Increase the heat to high and bring the soup to a simmer. Reduce the heat to maintain simmer.
7. Cover the saucepan with a lid and cook for 20-25 minutes, allowing the flavors combine.
8. Remove the lid and stir in the spinach.
9. Cover the pot with the lid and cook until the spinach is just wilted, about 2-3 minutes.
10. Divide the soup between six serving bowls and top each with 1 tablespoon of the parmesan cheese. Serve warm.

Recipe Notes

- If you don't have fresh spinach on hand substitute 1 cup loose frozen spinach.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 4 g | Saturated Fat: 2 g
Sodium: 175 mg | Total Carbohydrate: 15 g | Dietary Fiber: 5 g | Protein: 10 g**

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