

Tuscan Bean Soup

Serves 4



Ingredients:

- 1 tsp. olive oil
- 1/2 small red onion, chopped
- 1 medium stalk celery, chopped
- 1 medium garlic clove, minced
- 2 cups low-sodium broth
- 15.5 oz. can white beans, drained and rinsed
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 tsp. dried oregano
- 1/2 tsp. dried thyme
- 1/4 tsp. crushed red pepper flakes
- 2 cups spinach



Instructions:

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
3. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted. Enjoy!