

Tuscan Vegetable Soup

Ingredients

- 1 (15 Ounces) Can Low-Sodium Cannellini Beans, Drained and Rinsed
- 1 Tablespoon Olive Oil
- ½ Large Onion, Diced
- 2 Carrots, Diced
- 2 Stalks Celery, Diced
- 1 Small Zucchini, Diced
- 1 Clove Garlic, Minced
- 1 Tablespoon Fresh Thyme, Chopped
- 2 Teaspoons Fresh Sage Leaves
- Salt and Pepper to Taste
- 32 Ounces Chicken or Vegetable Broth
- 1 (14.5 Ounces) Can Diced Tomatoes
- 2 Cups Baby Spinach Leaves, Chopped
- ⅓ Cup Freshly Grated Parmesan (Optional)



Notes:

Preparation

In a small bowl, mash half of the beans with the back of a spoon and set aside.

Heat oil in a large soup pot over medium-high heat. Add onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper to taste and cook. Stir occasionally until the vegetables are tender, about 5 minutes.

Add broth and tomatoes with the juice and bring to a boil. Add mashed and whole beans and the spinach leaves, cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.