

# Mediterranean White Bean Soup

## INGREDIENTS

6 SERVINGS 35 MIN

- 1 Tbsp. oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2-3 large carrots, chopped (can also be canned, drained)
- 2-3 celery stalks, chopped
- 6 cups vegetable broth
- 1 tsp. dried thyme
- 1/2 tsp. oregano
- 1 tsp. salt
- 1/2 tsp. black pepper
- 3 15 oz. cans white beans, drained and rinsed
- 2 cups baby spinach, optional



Adapted from: [feelgoodfoodie.net](http://feelgoodfoodie.net)



This institution is an equal opportunity provider. This material was funded in part by SNAP.

# Mediterranean White Bean Soup

## INGREDIENTS

6 SERVINGS 35 MIN

- 1 Tbsp. oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2-3 large carrots, chopped (can also be canned, drained)
- 2-3 celery stalks, chopped
- 6 cups vegetable broth
- 1 tsp. dried thyme
- 1/2 tsp. oregano
- 1 tsp. salt
- 1/2 tsp. black pepper
- 3 15 oz. cans white beans, drained and rinsed
- 2 cups baby spinach, optional



Adapted from: [feelgoodfoodie.net](http://feelgoodfoodie.net)



This institution is an equal opportunity provider. This material was funded in part by SNAP.

## PROCEDURE

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until they are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes.
2. Add vegetable broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together.
3. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes.
4. Remove from heat, and serve immediately. If leftovers, refrigerate and consume within 1-2 days.

This institution is an equal opportunity provider. This material was funded in part by SNAP.

## PROCEDURE

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until they are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes.
2. Add vegetable broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together.
3. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes.
4. Remove from heat, and serve immediately. If leftovers, refrigerate and consume within 1-2 days.

This institution is an equal opportunity provider. This material was funded in part by SNAP.