



Tuscan Vegetable Soup

2007, Ellie Krieger, All Rights Reserved

| | | | |
|----------------------------|--------|----------------|------------------------------|
| Prep Time: | 20 min | Level: | Easy |
| Inactive Prep Time: | -- | Serves: | 6 servings (1 1/2 cups each) |
| Cook Time: | 15 min | | |



Ingredients

- 1 (15-ounce) can low-sodium canellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

Directions

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

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

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

Serve topped with Parmesan, if desired.

Copyright 2012 Television Food Network G.P.
All Rights Reserved