

Feel Good White Bean Soup

INGREDIENTS:

- 1 TB olive oil
- 1 large onion chopped
- 2 minced garlic cloves
- 2 large carrots, chopped
- 2 celery sticks, chopped
- 6 cups veggie broth
- 1 tsp dried thyme
- 1 tsp oregano
- 1 tsp Himalayan sea salt
- 1/2 tsp of black pepper
- 3 15-ounce cans of white beans (drain and rinsed)
- 3 cups of baby spinach
- Fresh parsley for serving
- Grated parmesan cheese for serving

DIRECTIONS:

1. In a large pot, heat olive over medium high heat. Add onions and cook until onions are translucent (around 3-5 minutes). Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes.

*** While the veggies cook, strain and rinse the white beans. For a thicker consistency, I like to mash about 1/3 (or one can) of the white beans.

1. Add veggie broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together.
2. Stir in the spinach and continue to simmer until the spinach wilts (about 2 minutes).
3. Remove from heat, pour into bowls, and sprinkle fresh parsley and grated parmesan cheese.