

Tuscan White Bean Soup

Vegan, gluten, soy, dairy, and refined sugar free

Ingredients:

2 tablespoons extra virgin olive oil
5 cups vegetable stock
1 small yellow onion (finely chopped)
2 stalks celery, chopped
2 carrots, chopped
2 tomatoes seeded and chopped
1 cup cannellini beans (or 1 can)
4 gloves of garlic, minced
2 teaspoons dried oregano
1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon dried ground sage
Pinch of salt & pepper to taste

Directions:

1. Heat the olive oil in a large pot over medium-high heat, than add the onion, celery, and garlic. Cook these for about 3 minutes or until the onions turn translucent. Add the oregano, thyme, basil, sage, carrots and tomatoes and stir to combine. Cook for about 5 minutes, stirring occasionally.
2. Add the vegetable stock and cannellini beans, and bring the soup to a simmer. Simmer it for about 10 minutes, stirring occasionally.
3. Place 1/3-1/2 of the soup in a blender and blend until creamy. Return it to the pot and stir well to incorporate it. Taste, and add salt and pepper as necessary.
4. Ladle the soup into bowls and garnish with a few leaves of fresh sage or basil.
Enjoy!