



Tuscan White Bean Soup



Ingredients:

- ¼ cup olive oil
- 3 shallots chopped
- 4 cloves garlic minced
- 2 large carrots chopped
- 3 stalks celery diced
- 1 TBS tomato paste
- 17 oz cannellini beans canned, drained and rinsed
- 1 ¼ cups vegetable broth
- ½ tsp salt
- ½ tsp pepper
- 1 tsp Italian seasoning
- 1 tsp red pepper flakes
- 4 ounces kale or baby spinach

Method:

1. Heat olive oil in a large pot and place over medium-high heat.
2. Sauté onion and garlic for 3 minutes then add carrots and celery stalks and sauté until the vegetables start getting soft.
3. Add tomato paste, quickly stir, and add beans, soup, and spices. Bring the soup to a boil, and then reduce the heat to low. Cover and simmer for another 10-15 minutes.
4. Using a hand mixer, blitz half of the soup in the pot, so it becomes creamier, careful not to blend everything.
5. Add spinach or kale and cook for several more minutes, until it wilts.