

White Bean Soup

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Soup

PREP TIME: 15 minutes

TOTAL TIME: 50 minutes



INGREDIENTS:

- 2 cups onions, chopped
- 2 cloves garlic, peeled and minced
- 1 carrot, peeled and chopped
- 1 tablespoon vegetable oil
- 2 teaspoons dried herbs (thyme, rosemary, and/or oregano), chopped
- 2 cups greens (kale, chard, or spinach)
- 6 cups water or stock
- 1 cup dried pasta
- 2 cups (1 can) cooked white beans, drained
- salt and pepper, to taste

DIRECTIONS:

- 1 Heat oil in a 3-4 quart pot, over medium heat. Sauté the onion, garlic, and carrot on low heat, for about 10 minutes, until deeply brown and caramelized. Stir in dried herbs.
- 2 Pour the water or stock into the pot, bring to a boil, and add in the pasta. Cook for 10 minutes, or until pasta is tender.
- 3 Stir in greens and beans. Cook until greens are wilted, and beans are heated through.
- 4 Season to taste with salt and pepper, and serve hot.



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