

White Bean Soup

Adapted from *Sustenance* by Patricia Brown

Recipe type: main dish, vegan, vegetarian,
gluten-free

Serves: 4-6

Time: 40 min



Ingredients

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

Directions

1. In a soup pot, over low heat, sauté the onion, garlic, and carrot in oil for about 10 minutes, until deeply brown and caramelized. Stir in thyme.
2. Pour in water or stock, bring to a boil, and add in pasta. Cook for 10 minutes, or until pasta is tender.
3. Stir in greens and beans. Heat until greens are wilted and beans are heated through. Season to taste with salt and pepper and serve!

