Healthy Tuscan Vegetable Soup

Ingredients:

1 (15.5-oz) can cannellini beans, drained and rinsed

1 Tbsp. olive oil

½ large onion, diced (about ½ cup)

1 medium carrot, diced (about ½ cup)

2 stalks celery, diced (about ½ cup)

1 small zucchini, diced

1 clove garlic, minced

1 Tbsp. chopped fresh thyme (or 1 tsp. dried)

2 tsps. chopped fresh sage(or ½ tsp. dried)

½ tsp. salt, plus more for taste

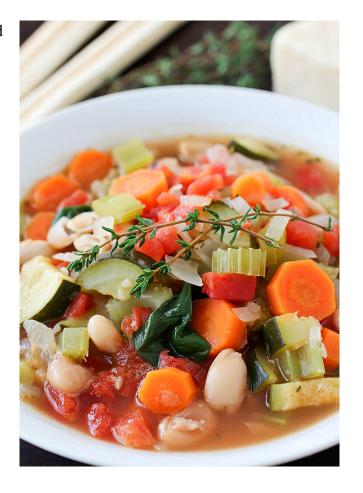
½ tsp. ground black pepper, plus more to taste

4 cups low-sodium chicken or vegetable broth

1 (14.5-oz) can diced tomatoes, with juices

2 cups lightly packed chopped spinach

½ cup freshly grated parmesan cheese (optional)



Directions:

Heat oil in a large soup pot over medium-high heat. Add the onion, carrot, celery, zucchini, garlic, thyme, sage, salt and pepper.

Cook, stirring occasionally until the vegetables are tender. Add the broth and tomatoes and bring to a boil.

Add the beans and the spinach leaves. Cook until the spinach is wilted. Serve with a sprinkling of parmesan cheese and enjoy!

Recipe Source: "Yummy Healthy Easy"