

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
¼ 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
⅓ 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"