



White Bean Soup

Enjoy this simple, flavourful, and healthy soup!

Ingredients

- 1 tbsp (15 mL) canola or olive oil
- 2 small onions, chopped
- 2 cloves of garlic, minced
- 2 large carrots, sliced
- 28 fl oz (796 mL) can of diced tomatoes
- 4 cups (1 L) vegetable broth
- 1 tbsp (15 mL) garlic and herb seasoning blend
- 19 fl oz (540 mL) can of white kidney beans, rinsed and drained
- Salt and pepper, to taste
- 2 cups (500 mL) baby spinach
- Grated Parmesan cheese for serving (optional)



Preparation

1. Heat the oil in a large pot or saucepan over medium heat.
2. Add the onions. Stir and cook until translucent and soft, about 2 minutes.
3. Add the garlic and the carrots, and cook for 3 minutes.
4. Stir in the diced tomatoes.
5. Pour in the vegetable broth.
6. Add the garlic and herb seasoning, and white kidney beans. Stir to combine.
7. Cover and bring the soup to a boil. Reduce heat and simmer, uncovered, for about 10 to 12 minutes.
8. Season with salt and pepper to taste.
9. Stir in the spinach. Simmer until the spinach has wilted, about 2 minutes.
10. Serve and enjoy with a sprinkle of grated Parmesan cheese, if desired.