RECIPE

Warming Tomato-Bean Soup



Ready in 20 minutes

Serves 6 people

180 calories

Freezes well, so good for doubling!

<u>Substitutions</u> - add spinach, kale, or Swiss chard. Play with the herbs. Use different beans and stocks. Top with parsley or chives.

Ingredients

- Olive oil
- Garlic
- Diced tomatoes
- Vegetable stock (or water)
- Dried herbs of your preference basil, rosemary, thyme, organo, or a blend
- White beans (or chickpeas)
- Salt and cracked black pepper

Preparation

- Heat 1 tablespoon olive oil over low heat. Add 2 finely chopped garlic cloves (or more to taste - garlic, yum!) and saute briefly. (Don't let the garlic get all the way brown!)
- Add a 15.5 ounce can of diced tomatoes, % cup of veggie stock, and the herbs.
 Bring the heat up and bring the soup base up to just under a full boil. Then immediately reduce the heat and simmer for at least 10 minutes.
- 3. Let the soup cool just a bit, then add another tablespoon of olive oil and puree with a stick blender, if you like. (The soup is also delicious "chunky style," so this step, including the extra olive oil, is totally optional!)
- 4. Add a **10.5** ounce can of beans, heat gently for a couple of minutes, and season with salt and cracked black pepper.