

RECIPE

Warming Tomato-Bean Soup



Ready in **20 minutes**

Serves **6 people**

180 calories

Freezes well, so good for doubling!

Substitutions - 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

1. 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!)
2. Add a **15.5 ounce can of diced tomatoes, ¾ 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**.