

## RECIPE

# White Bean Parm Soup



## Preparation

1. In a large pot, heat oil over medium heat
2. Add onion and garlic; cook for 2-3 minutes
3. Add broth, tomatoes,  $\frac{3}{4}$  cup parm, Italian herbs, salt, pepper and simmer for 5 minutes; note: if using dried beans, add them now and cook longer
4. If using canned beans, add them with the spinach and continue to simmer about 2 minutes
5. Stir in parsley; season with extra salt and pepper if needed
6. Serve with fresh parm and parsley

## Ingredients

- 1 T Olive Oil
- 1 yellow onion, diced (FODMAP friendly: use green onions)
- 6-8 cloves garlic, minced (FODMAP friendly: use garlic-infused olive oil)
- 6 cups veggie broth/stock
- 1 15oz can diced tomatoes (or 3 fresh)
- $\frac{3}{4}$  cup freshly grated Parmesan cheese
- 1 T Italian dried herbs
- 1 t salt
- $\frac{1}{2}$  t black pepper
- 4 15 oz can cannellini beans, drained, rinsed (or use dry beans, soaked overnight, and then fill the tomato can for measuring)
- 4 cups baby spinach or other greens
- $\frac{1}{2}$  cup fresh Parmesan for serving
- 3 T fresh flat leaf parsley (optional)

## Tips

If using dried beans, simmer the soup much longer to cook the beans and add a little more water.

The longer you simmer, the creamier the soup becomes.