



TUSCAN BEAN SOUP A MAKE AHEAD RECIPE

What You Need

- 1/4 Cup canola oil
- 1 Cup onion (chopped)
- 3 Garlic cloves (1 crushed 2 minced)
- 3 Carrots cleaned and peeled (chopped into small bite sized pieces)
- 3 Stalks celery cleaned and any loose string removed (chopped into small bite sized pieces)
- 1 Tsp. Italian seasoning

- 2 Bay leaves (dried)
- 3 Cups vegetable broth (or chicken broth)
- 1 Cup water
- 2 Cups petite diced tomatoes (canned and seasoned with basil, oregano and garlic) do not drain
- 2 Cups cannellini beans (canned with no seasoning) drained and divided
- 1 Cup spinach (frozen, thawed chopped)
- 1 Tbsp. salt (optional)
- 1 Tbsp. white pepper
- Parmesan cheese (optional) for topping when served
- 4-5 Qt. or larger soup pot
- 5 Qt. refrigerator container with lid

Before you Start- mash a half cup of beans and set aside. Wrap spinach in a flour sack tea towel and twist to drain all of the water and set aside.

Let's Make It!

In a soup pot over medium heat, add oil, onion, garlic, carrots, celery and Italian seasoning. Stir occasionally. Cook until the carrots can be cut with the side of a fork (about 10-15 minutes). Raise heat to medium high and add broth, water, tomatoes, bay leaves, beans and spinach. Bring to a boil. Add mashed beans and stir to combine. Reduce heat to low and let simmer uncovered for 20 minutes add salt and pepper to taste. Let cool, pour into refrigerator container, cover and refrigerate for about 24 hours* (do not put hot soup into the fridge).

Serves 2-4

***Katie's Tid Bits-** You can eat this soup the same day you make it. But, it's like spaghetti, it always tastes best the next day. Serve with your favorite crusty bread, or garlic flavored croutons and topped with Parmesan cheese.

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