

Foodnity Recipes

Best White Bean Soup Recipe for a Cozy Meal

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cans (15 oz each) cannellini beans, drained and rinsed
- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups vegetable broth
- [ ] 1 tsp dried thyme
- [ ] 1/2 tsp salt (adjust to taste)
- [ ] 1/4 tsp black pepper

For the Finishing Touch

- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp fresh parsley, chopped
- [ ] Optional: A pinch of red pepper flakes for heat

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the diced onion, carrots, and celery. Cook for about 5 to 7 minutes, stirring occasionally, until the vegetables are soft and translucent.
2. Stir in the minced garlic and dried thyme. Cook for just another minute until the garlic is fragrant—be careful not to burn it!
3. Add the rinsed beans and the vegetable broth. Stir in the salt and pepper. Bring the soup to a gentle boil, then reduce the heat to low and let it simmer for about 15 to 20 minutes.
4. Take a potato masher or a large fork and gently mash some of the beans directly in the pot to thicken the broth.
5. Remove the pot from the heat. Stir in the fresh lemon juice and chopped parsley. Taste it—maybe it needs a pinch more salt? Just trust your tongue.

Nutrition per serving

210 kcal	12 g	28 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a completely smooth soup, use an immersion blender for a few seconds.
- For a richer flavor, you can use a bit of vegetable bouillon instead of boxed broth.
- Serving this with a crusty piece of toasted sourdough makes it a complete meal.