

Foodnity Recipes

Italian Penicillin Soup for Comfort and Healing

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Base

- [ ] 2 tbsp extra virgin olive oil
- [ ] 6 cloves garlic, minced
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, sliced into rounds
- [ ] 6 cups low-sodium vegetable broth

Hearty Additions

- [ ] 2 cans (15oz) cannellini beans, drained and rinsed
- [ ] 3 cups fresh baby spinach
- [ ] 1 tsp dried oregano

The Finish

- [ ] Juice of 1 large lemon
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley for garnish

Instructions

1. Warm the olive oil in a large pot over medium-low heat. Add the diced onion and carrots, cooking them until they soften and the onion becomes translucent, which usually takes about 5 minutes.
2. Stir in the minced garlic and dried oregano. Be careful here—just sauté for about 1 minute until the garlic smells wonderful, but don't let it brown or it will taste bitter.
3. Pour in the vegetable broth and bring the mixture to a gentle boil. Once boiling, turn the heat down to low and let it simmer for about 10 minutes to meld the flavors.
4. Stir in the rinsed cannellini beans. Use the back of your spoon to mash a few of the beans against the side of the pot to create a slightly creamier texture.
5. Turn off the heat. Stir in the fresh baby spinach and the fresh lemon juice. The residual heat will wilt the spinach perfectly in about a minute.
6. Taste the broth. Add salt and a generous crack of black pepper. Ladle into bowls and garnish with fresh parsley.

Nutrition per serving

210 kcal	12 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a very sensitive stomach, you can sauté the garlic for a bit longer to mellow it out further.
- For an extra boost, add a teaspoon of grated fresh ginger to the sauté phase.
- Always add the lemon at the end; cooking lemon juice for too long can make it taste slightly metallic.