

Foodnity Recipes

Tuscan White Bean Soup Recipe - Easy & Healthy

15 min Prep time	**45 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb dried cannellini beans (or 3 cans, drained and rinsed)
- [ ] 1 large onion, diced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 4 garlic cloves, minced
- [ ] 1 tbsp tomato paste
- [ ] 1 sprig fresh rosemary
- [ ] 1 tsp dried thyme
- [ ] 6 cups vegetable broth
- [ ] 2 cups chopped kale or spinach
- [ ] Salt and pepper to taste
- [ ] Olive oil for cooking

For Serving

- [ ] Extra virgin olive oil
- [ ] Fresh parsley, chopped
- [ ] Crusty bread (optional)

Instructions

1. If using dried beans, soak them overnight in plenty of water. Drain and rinse before using. If using canned beans, rinse and drain them thoroughly.
2. In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery, cooking until soft and translucent, about 8-10 minutes.
3. Add garlic and tomato paste, stirring for 1-2 minutes until the tomato paste darkens slightly and becomes fragrant.
4. Add the beans, rosemary, thyme, and vegetable broth. Bring to a boil, then reduce heat and simmer for 30-40 minutes, or until the beans are tender.
5. Using a wooden spoon, mash some of the beans against the side of the pot to thicken the soup. Stir in the kale or spinach and cook for another 5 minutes until wilted.
6. Season with salt and pepper to taste. Remove the rosemary sprig. Serve hot, drizzled with olive oil and sprinkled with fresh parsley.

Nutrition per serving

280 kcal	15 g	48 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, stir in a splash of coconut milk before serving.
- If you prefer a smoother soup, blend half of it and stir it back in.
- This soup freezes beautifully—make a double batch for easy meals later.