



Creamy White Bean Soup with Baby Spinach and Lemon

MyPlate2Yours - Lynn Dugan

Ingredients

1 tablespoon olive oil
1 small onion
1 small carrot, sliced
1 stalk celery, chopped
2 cloves garlic, minced
2, 16 ounce cans cannellini beans (or Great Northern Beans), rinsed and drained
4 cups chicken broth
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon white pepper
2 cups packed baby spinach
Fresh juice and zest from 1/2 lemon

Directions

In a large saucepan, heat oil. Cook onion, carrots, and celery for 5 minutes until tender. Add garlic and cook for 1 minute longer. Stir in beans, chicken broth, thyme, salt, and pepper. Simmer for 15 minutes.

Remove 1 cup of bean mixture from soup. With an immersion blender (or in a food processor), blend remaining soup until smooth. Combine reserved beans with pureed soup and bring to a boil. Add spinach and lemon juice. Season with additional salt and pepper, as needed. Serve in bowls and garnish with lemon zest. Enjoy!