

**Tuscan Vegetable Soup**

**Ingredients**

1 (15-ounce) can low-sodium canellini beans, drained and rinsed

1 tablespoon olive oil

1/2 large onion, diced (about 1 cup)

2 carrots, diced (about 1/2 cup)

2 stalks celery, diced, (about 1/2 cup)

1 small zucchini, diced (about 1 1/2 cups)

1 clove garlic, minced

1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)

2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

32 ounces low-sodium vegetable broth

1 (14.5-ounce) can no salt added diced tomatoes

2 cups chopped baby spinach leaves

**Instructions**

In a small bowl mash half of the beans with a masher or the back of a spoon, and set

aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery,

zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and

cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and

cook until the spinach is wilted, about 3 minutes more.

Serves: 5-6

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**Adapted from:**

**www.foodnetwork.com**