

TUSCAN VEGETABLE SOUP WITH SPINACH & BUTTERNUT SQUASH

Ingredients:

2 T. olive oil

1 large onion, chopped

2 cloves garlic, chopped

2 large carrots, peeled and diced

2 stalks celery, diced (use the leaves too)

1 parsnip, peeled and diced

1 small butternut squash (or half a medium), diced

1 t. dried oregano

4 c. low-sodium vegetable broth (or regular)

1 14-oz. can fresh diced tomatoes in their juice

2 c. water

1 14-oz. can Great Northern beans (or another white bean or garbanzos), drained and rinsed

2 c. fresh spinach

1/2 c. fresh Italian parsley, roughly chopped

salt & pepper to taste

Directions:

Heat olive oil in heavy-bottomed pot. A Dutch oven or your favorite soup pot are excellent choices. Add chopped onion and cook for 5 minutes. Add garlic, celery, carrot, squash and dried herbs and cook for 5 more minutes.

Add the liquids: broth, tomatoes and water. Bring to a boil, then lower heat to a gentle simmer and cook for 45 minutes with lid askew (like a jaunty beret). Add beans and cook for 30 more minutes. I like everything soft.

Add spinach and cook until just wilted.

Add salt and pepper to taste. Add chopped parsley to finish.

Makes 6-8 servings. Like all soup, this one gets better the more you re-heat it.

bb serving ideas: Top off each bowl with a drizzle of olive oil. If going dairy, sprinkle a little grated parmesan on top of each bowl.

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