one-pot tuscan white bean soup



featured product:
baby spinach

pull on the sweater and slippers, we've got your go-to cozy fall soup covered.

this italian-inspired stew brings together tender white beans, organicgirl baby spinach, fresh lemon, and herbs—creating a hearty and bright meal to warm up any chill day.

ingredients

1 clamshell **organicgirl baby spinach**
6 cups vegetable broth
2 tablespoons olive oil
1 tablespoon minced garlic
1 onion, diced
3 cans white beans, drained and rinsed
juice of 1 lemon
½ cup chopped fresh herbs such as basil, thyme, oregano, or parsley
or 2 tablespoons dried italian seasoning
½ tablespoon capers
1 tablespoon all-purpose flour
parmesan, to taste

directions

1. heat the olive oil in a large pot over medium heat.

2. add the diced onion and cook for about 4–5 minutes, or until softened.

3. add the minced garlic and cook for about 30 seconds, stirring until fragrant.

4. pour in the vegetable broth, then add the white beans, capers, and fresh herbs or Italian seasoning. stir to combine.

5. bring the stew to a gentle simmer and cook for about 15–20 minutes so the flavors can come together.

6. add the baby spinach and stir until just wilted.

7. stir in the fresh lemon juice and parmesan to taste.

8. in a small bowl, whisk the all-purpose flour with a few tablespoons of the hot broth until smooth. pour the mixture back into the pot and stir well.

9. simmer for another 2–3 minutes, or until the stew thickens to your desired consistency.

10. serve warm with extra parmesan, fresh herbs, or crusty bread if desired.