



### **Tuscan White Bean Soup**

*Classic Northern Italian one-pot supper soup*

- 2 Tablespoons olive oil
- 3/4 cup sliced celery
- 1 cup thin sliced carrots
- 4 ounces wild mushrooms, chopped
- 1/2 to 1 teaspoon sea salt or to taste
- 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon minced fresh rosemary
- 3/4 cup white wine or apple juice
- 4 to 5 cups chicken or vegetable stock or broth
- 1 (15 ounce) can white beans, rinsed; drained
- 1/2 cup orzo pasta
- 1-1/2 cups frozen peas
- 2 cups fresh spinach, stems removed
- 9 fresh basil leaves, torn
- Garnish: shredded parmesan cheese sprinkles, optional
- Serve with: hearty Italian bread or crackers

- Place olive oil in a large soup pot. Add celery, carrots, mushrooms, salt, bay leaves, oregano, thyme, and rosemary; cook for 10 minutes.
- Add the white wine; cook for another 9 minutes.
- Add broth and beans; bring to a boil; reduce to simmer for 25 minutes.
- Add orzo; cook for 11 minutes or until tender.
- Before serving: Stir in peas and spinach; cook until peas are bright green and spinach wilts about 5 minutes. Serve soup hot.
- Spoon into serving bowls; sprinkle lightly if desired with some shredded parmesan cheese sprinkles.
- Yield: serves 4

**About the Recipe:** After traveling to Italy, we loved their Northern Italian soup. This recipe has all those rich country flavors and can be made with vegetable or chicken broth. It's a one-pot meal with lots of beans, carrots, peas, and spinach. Warm up on these cold winter months with some healthy, easy-to-make soup. Serve if desired with hearty Italian bread or crackers.