



Cozy Rainbow Bean Soup

SERVES 4-6

Pillars of Nutrition: Eat The Rainbow and Lean on Protein

- 1-2 tablespoons **olive oil**
- 2 **celery stalks**, diced
- 2 **carrots**, grated
- ½ medium **onion**, diced
- 2 medium **garlic cloves**, minced
- **Salt**
- **Black pepper, ground**
- 1 quart (4 cups) vegetable **broth**
- 1 (15 ounce) can **white beans** (such as cannellini or navy), drained and rinsed
- 1 (15 ounce) can **diced tomatoes**
- 1-2 **bay leaves**
- ¾ teaspoon **dried thyme leaves**
- 2 cups **seasonal greens**, such as **spinach, chard and/or kale**, chopped

Variations to Try

- Try a delicious alternative to onion: leeks
- Add some other colorful veggies like purple cabbage red bell pepper, green beans, corn or peas

Something to **Chew** On

- Spice it up! Smell the thyme and bay leaves. Experiment with different herbs and spices.
- Chicken and cheese/dairy are popular choices of protein. Do plants provide protein? Can you name other plant proteins?

Directions

1. Dice, grate and mince the various **vegetables (celery, carrots, onion, garlic)**.
2. Open and drain the can of **beans**. Open the can of **tomatoes**.
3. Heat the **oil** in a large pot over medium heat until it begins to simmer (about 1 minute).
4. Add the **celery, carrot, and onion** and cook, stirring occasionally, until the vegetables have softened (about 5 minutes).
5. Stir in the **garlic** and cook until fragrant (about 1 minute). Then add several big pinches of **salt and pepper**.
6. Stir in the **broth, tomatoes** with their juices, **beans, bay leaf, and thyme**. Cover the pot with a lid.
7. Bring to a simmer, on medium-high heat (about 5 minutes). Once simmering, turn the heat to medium-low, and continue simmering for about 10 minutes until the vegetables are soft
8. Chop the **greens** while soup is simmering
9. After the soup has been simmering for about 10 minutes, add the chopped **greens** to the pot and cook for 5-10 minutes until the **greens** are wilted.
10. Taste and add more **salt or pepper** as needed.