

Rosemary–White Bean Soup

Using canned beans in this recipe allows you to skip the step of soaking beans overnight, making this soup a perfect last-minute “what’s in the cupboard” meal.

Use caution when puréeing a hot soup. Cool slightly before puréeing and avoid filling the blender or food processor more than three-quarters full.

If the soup is too thick for your liking, dilute with broth or water.

6 servings

Prep Time:

15 minutes or less

Total Time:

45 minutes or less

Nutritional Information

Per Serving (about 1 cup)

Calories	215
Total Fat	3 g
Total Carbohydrate	36 g
Dietary Fiber	8 g
Sugars	5 g
Protein	12 g
Sodium	600 mg

1 tablespoon vegetable oil

1 onion, chopped

1 carrot, chopped

1 celery stalk, chopped

2 garlic cloves, finely chopped

4 cups reduced-sodium chicken broth or vegetable broth

3 (15-ounce) cans navy or Great Northern beans, rinsed and drained

1 (4-inch) sprig fresh rosemary

Salt and freshly ground black pepper

1. In a stockpot over medium-high heat, add the oil. Sauté the onion, carrot, and celery for 5 to 7 minutes, or until softened. Add the garlic and sauté for 1 to 2 minutes. Add the broth and beans and stir to combine. Bring to a boil. Reduce the heat, add the rosemary, and simmer for 20 to 25 minutes, stirring occasionally. Cool slightly and remove the rosemary.
2. Transfer to a blender or food processor and purée (you may need to do this step in two or more batches). Season with salt and pepper.