

Tomato and White Bean Soup

I have always loved tomato soup since I was a kid. Over the years, I have always looked for something different than Campbell's out of the can to a more flavorful soup while still retaining the wholesome flavor that could go with a grilled cheese sandwich (or a vegan grilled cheese for Julia Anne). I adapted a recipe I found in Milk Street magazine from Yasmin Fahr that I have been using. It's fairly simple to make but the flavor and ingredients would make one think it took hours to simmer.



INGREDIENTS:

Extra virgin olive oil
1 medium onion
½ teaspoon kosher salt
4-5 garlic cloves minced
1 tablespoon cumin

1 teaspoon paprika
½ teaspoon red pepper flakes
2 15-ounce cans of cannellini beans drained (or you could use 1 can white beans and 1 can of garbanzo beans)
1 28-ounce crushed tomatoes (I use 1 quart of our own tomatoes)
6 cups of vegetable broth
1 5-ounce container of baby spinach
Tomato paste as needed
½ cup of cilantro

DIRECTIONS:

1. Heat the olive oil (2-3 tablespoons) in a Dutch oven over medium heat. Add the onion and a bit of kosher salt until soft, about 5 minutes.
2. Add the garlic for about 1 minute along with the spices until blended and fragrant
3. Add the beans, tomatoes and broth. Cook over a medium high heat then reduce to a simmer, stirring occasionally. Cook for 15 minutes.
4. Stir in the spinach and cook uncovered for a few minutes until wilted 3-4 minutes.
5. If you want a thicker soup, add 1 tablespoon of tomato paste
6. Stir in cilantro and flavor as needed with salt and white pepper
7. Drizzle with oil when serving