

Italian White Bean Soup

Serves 8

Ingredients:

2 Tablespoons Olive Oil
6 ounces thick prosciutto, diced
1 Small Yellow Onion, chopped
4 Carrots, diced
4 cloves minced Garlic
1 Teaspoon dried Oregano
2 Tablespoons Tomato Paste (I used Muir Glen organic)
8 Cups low-sodium Chicken Stock (I used Pacific brand)
4 Cans low-sodium white beans, drained & rinsed (I used Eden organic)
4 Cups Baby Spinach, loosely chopped
Salt & Pepper
Fresh flat-leaf parsley, chopped for garnish

Technique:

1. **Sauté' the vegetables.** In a 8 quart pot over medium heat, warm the olive oil. Add the diced prosciutto and sauté' a couple of minutes. Add the onion and carrots, sautéing until the veggies are tender, about 5 minutes. Add the garlic and oregano, stirring and cooking until fragrant, just a minute or so.
2. **Finish the soup.** Stir in the tomato paste, mixing well. Add the broth and rinsed beans. Raise the heat to medium-high and bring to a boil, then reduce the heat back to medium. Add the chopped spinach and cook until it is wilted. Season to taste with salt & pepper. Serve up in bowls garnished with parsley.