

WHITE BEAN SOUP

2 TBS oil
1 medium carrot, chopped
1 medium yellow onion, chopped
2 cloves of garlic, chopped
2 TBS tomato paste
2 large fresh thyme sprigs
2 bay leaves
4 cups low sodium vegetable broth
1 - 15 ounce can cannellini beans, drained
2 cups kale, chopped
Salt and pepper to taste

In a medium stock pot, heat oil on medium. Add carrots and onions, sautéing for 3-5 minutes.

Add garlic and tomato paste and sauté for another 1-2 minutes.

Add thyme, bay leaves, and broth. Bring to a simmer for about 5 minutes, then reduce heat to medium low and cook for 15 more minutes.

Add beans, kale, salt and pepper to taste and cook to heat through.

Remove bay leaves. Serve.

Thanks to Simple Truth Organic Low Sodium Vegetable Broth

WHITE BEAN NOODLE SOUP WITH ROSEMARY BACON

4 slices thick cut bacon, chopped
1 TBS fresh rosemary leaves, chopped
1 yellow onion, chopped
1 -2 cups cubed butternut squash
4 carrots, chopped
4 celery stalks, chopped
2-4 cloves garlic, chopped
2 TBS fresh thyme or 2 tsp. dried
1 TBS dried basil
1 TBS dried oregano
! tsp. crushed fennel seeds
1 tsp. smoked paprika
Chili flakes to taste
Salt and pepper to taste
2 TBS tomato paste
1/2 cup dry white wine (Pinot Grigio or Sauvignon Blanc)
6 cups low sodium vegetable broth
1 - 2 cans cannellini beans, drained
4 - 6 cups kale, roughly chopped
2 - 3 cups egg noodles (I used Gluten-Free lasagna noodles, broken)
Optional for me:
1/2 cup whole milk or heavy cream
1/3 cup grated Parmesan cheese

Cook bacon in large soup pot over medium heat until crisp. Add rosemary and cook for one minute. Remove bacon. Reserve 1 TBS of bacon fat in pot.

Add onion, sauteing until golden, add butternut squash, carrots, celery, garlic, thyme, basil, oregano, fennel, chili flakes, salt, and pepper. Stir and cook for another 5 minutes, until fragrant.

Stir in tomato paste. Pour in the wine and broth. Cook over medium heat for 20 – 30 minutes or until the squash is tender.

Add the kale, beans, noodles, and Parmesan and cream, if using. Cook until the noodles are al dente.

Serve with additional Parmesan, if desired.

We served our bean soup with a square of plain Gluten Free cornbread resting on top.

Thanks to Half Baked Harvest