



# Mediterranean White Bean Soup

1 tablespoon olive oil  
1 onion, diced  
2 carrots, chopped  
2 celery stalks, sliced  
3 garlic cloves, minced  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
4 cups vegetable broth  
2 cans white beans, drained and rinsed  
2 cups spinach  
1 lemon, juiced  
Salt and pepper to taste  
Fresh parsley for garnish

Heat olive oil in a large pot over medium heat. Add the onion, carrots and celery. Cook for about five minutes until they start to soften. Add the garlic, thyme and oregano. Stir and cook for another minute. Pour in the vegetable broth and add the beans. Bring to a boil, then reduce the heat and let it simmer for about 15 minutes. Blend one can of beans with one cup of broth until smooth, then add it back to the pot. Stir in the spinach and cook until wilted, about two minutes. Add the lemon juice and season with salt and pepper to taste. Serve hot, garnished with fresh parsley.

**Enjoy your heart healthy Mediterranean soup!**