

Lunch | Dinner

Mediterranean White Bean Soup

10 Mins
Prep Time

25 Mins
Cook Time

6
Servings

265 Calories **4g Fat** **34g Carbs** **18g Protein**



Ingredients

6 Servings **35 Mins Total Time** **Allergens: Dairy**

- 1 Tbsp Extra Virgin Olive Oil
- 1 White Onion, chopped
- 2 Cloves Garlic, minced
- 1 Large Carrot, chopped
- 1 Large Celery Rib, chopped
- 6 Cups Chicken Broth (use vegetable broth for a vegetarian option)
- 1 Tsp Dried Thyme
- ½ Tsp Dried Oregano
- Salt and Pepper
- 3 Cans (15 oz) White Beans, drained and rinsed
- 2 Cups Baby Spinach
- Zest of 1 Lemon
- 1 Parmesan Cheese Rind (optional)
- Parmesan Cheese for serving (optional)

Nourishment Note



White Beans

Beans are filled with protein and fiber, both of which are extremely important for achieving or maintaining a healthy weight. Being at a healthy weight can improve asthma outcomes.



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with asthma.

Allergen Swap

Dairy Omit parmesan cheese and parmesan cheese rind.

Instructions

1. Cook Vegetables & Seasonings

Heat oil over medium-high heat in a large pot. Add onions and garlic, stirring regularly, cook for 2-3 minutes. Add in the carrots, celery, thyme, oregano, salt and pepper and cook for an additional 2-3 minutes.

2. Add Broth, Beans, & Cheese

Add broth, rinsed beans, and parmesan cheese rind, if using. Bring soup to a boil, then reduce heat and simmer for 15 minutes.

3. Add Spinach & Lemon Zest

Add the spinach and lemon zest and continue to simmer until spinach wilts, about 2 minutes.

4. Ladle Into Bowls & Serve

Remove from heat, ladle into bowls and top with grated parmesan, if desired. Serve immediately.

Recipe adapted from [feelgoodfoodie.net](https://www.feelgoodfoodie.net)

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Colander



Large Pot



Spoon



Can Opener



Microplane



Ladle

Breathe Better Food Tip

- Heartburn/GERD – Omit onions and garlic.
- Gas causing foods – Beans can cause gas. If you find beans to be bothersome, substitute with quinoa or rice.
- Salicylates – Fresh spinach can be high in salicylates. If you find bothersome, omit.
- Sulfites – Parmesan cheese contains sulfites. If you find bothersome, omit.