

Three Bean Vegetable Soup

1 can of each (cannellini, garbanzo, and kidney beans), drained and rinsed
1 lg. onion, diced
1 T. garlic, minced
1 cup carrot, diced
1 cup celery, diced
1 cup sweet potato or Yukon Gold potato, diced
6 cups vegetable broth
14 oz can diced fire roasted tomatoes
1 ½ T red wine vinegar
2 bay leaves
1 T. Italian seasoning
1 ¼-1 ½ tsp salt
¼ to ½ tsp red pepper flakes
3 cups baby spinach or kale
¼ cup fresh chopped parsley

Instructions

1. Sauté onion and garlic for 5-6 minutes, using water or veggie broth so the onions and garlic don't stick.
2. Add carrots, celery, and potatoes. Continue cooking for 6-7 minutes.
3. Add beans, broth, tomatoes, red wine vinegar, bay leaves, Italian seasoning, salt and red pepper flakes. Bring to a boil, then reduce heat to low and simmer for 40-45 minutes or until the veggies are done.
4. Stir in the spinach and parsley 5 minutes before serving. Take out the bay leaves before serving.

You can use just about any variety of beans for this recipe.