

Vegan Mushroom & White Bean Minestrone Soup

Serving Size: 6 | Prep Time: 1 - 2 hours (20 min w/canned beans) | Cooking Time: 35 minutes

INGREDIENTS

1 cup dried navy beans OR 1 1/2 - 2 cans navy beans, drained and rinsed
2 tbsp olive oil, plus more for serving
1/2 medium yellow onion, diced
2 bay leaves
2-3 sprigs thyme

2 sprigs rosemary
4 garlic cloves, minced
8 oz cremini mushrooms, sliced
2-3 carrots (about 4 oz) sliced or half rounds
1 stalk celery
4 cups water or vegetable broth
2 cups passata (tomato puree)

1/2 bunch Lacinato kale leaves, roughly chopped or torn
Salt and pepper to taste
Toasted bread for serving (optional)



DIRECTIONS

1. If using dried navy beans, place the beans in a pot with enough water to cover by an inch or two. Bring to a boil over high heat, then reduce to a simmer and cover. Cook for 1-2 hours, until tender but not mushy. Check the water level periodically, adding additional cupful's, as needed, to keep the beans submerged. Uncover and set cooked beans aside.
2. Add the olive oil to a medium-large pot and warm over medium heat for a minute before adding the onions, bay leaves, thyme, and rosemary. Sauté, stirring occasionally, until the onions are softened and translucent, about 5 minutes. Stir in the garlic and cook for about 2 minutes before adding the rest of the vegetables. Sauté vegetables, stirring occasionally, for an additional 5-7 minutes.
3. Add the water or stock (you may also use the bean water if you cooked your own beans) and the passata. Turn up heat and bring the soup to a boil, skimming off any foam that forms at the surface. Lower heat and simmer, uncovered, for about 10 minutes, until the vegetables are tender and cooked through but not mushy. Add the kale and cooked beans and simmer for about 5 more minutes, until the kale is softened and the beans are warmed through.
4. Season with salt and pepper to taste. Serve with a thick slice of toasted bread and an extra drizzle of olive oil (optional). Enjoy!