

White Bean Soup

Hearty Tuscan White Bean Soup with cannellini beans, vegetables, and herbs. This protein-packed, vegan soup is ready in 45 minutes!

20 min

PREP

30 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

White Bean Soup

Ingredients

- 1 onion
- 1 celery stick
- 1 carrot
- 1 clove garlic
- 2 potato
- 1 tbsp olive oil
- 1 tbsp tomato paste
- 1 cup white wine
- 1 sprig rosemary
- 2 cup vegetable broth
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 cup spinach

Instructions

- 1 Prepare the aromatics**

Heat 1 tablespoon olive oil in a large saucepan over medium heat until shimmering. Add the diced onion, carrot, and celery, then cook for 5-6 minutes, stirring occasionally, until the onion is soft and translucent.
- 2** Add 1 clove minced garlic and cook for 30 seconds, stirring constantly, until fragrant but not browned.
- 3 Build the flavor base**

Add 1 tablespoon tomato paste and 1 teaspoon paprika to the vegetables. Cook for 1-2 minutes, stirring constantly, until the tomato paste darkens slightly and coats the vegetables.
- 4** Pour in 1 cup white wine and scrape up any browned bits from the bottom of the pan (this is called deglazing). Cook for 2-3 minutes until the wine reduces by about half and the alcohol smell fades.
- 5 Add main ingredients**

Add the white beans, diced potatoes, 1 sprig fresh rosemary, and 2 cups vegetable broth. Season with 1 teaspoon salt and 1 teaspoon black pepper.

6 Simmer the soup

Bring the mixture to a boil over medium-high heat, then reduce heat to low and cover. Simmer for 15-20 minutes until the potatoes are fork-tender and easily pierced.

7 Finish and thicken

Add 1 cup frozen spinach and cook uncovered for 3-4 minutes, stirring occasionally, until the spinach is wilted and heated through.

8 Remove the rosemary sprig and use a wooden spoon to mash about one-quarter of the beans against the side of the pot to naturally thicken the soup. Taste and adjust seasoning with additional salt and pepper as needed.

9 Serve

Ladle the soup into bowls and drizzle each serving with the remaining olive oil and a pinch of freshly ground black pepper. Serve immediately while hot.

Tips

Always rinse canned beans thoroughly to remove excess sodium and achieve the cleanest possible flavor in your soup.

Cook the soffritto (onions, carrots, celery) slowly until they're deeply caramelized – this creates the flavor foundation for the entire soup.

Add the beans early in the cooking process so they can absorb all the aromatic flavors from the broth and vegetables.

Gently mash some beans against the side of the pot while stirring to naturally thicken the soup and create a creamier texture.

Remove the rosemary sprig before serving, but leave it in during cooking to infuse maximum flavor without overwhelming the dish.

Adjust the consistency at the end of cooking with additional broth for a thinner soup or simmer uncovered to thicken.

Finish each bowl with a drizzle of high-quality extra virgin olive oil and freshly cracked black pepper for authentic Tuscan flavor.

Let the soup rest for 10 minutes before serving to allow the flavors to settle and the temperature to become perfect for eating.