

Smoky White Bean Soup

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 35 minutes

Step 1: Prepare Ingredients and Cook the Soup

- 1 medium onion, diced
 - 2-3 fresh garlic cloves, thinly sliced or minced.
 - 1 cup of celery, sliced thin
 - 1 medium carrot, diced
 - 4 cups of low-sodium vegetable broth
 - 1 medium-sized potato, diced, with skin on
 - 1 teaspoon of black pepper, or to taste
 - 1 teaspoon of low-sodium Tamari, or to taste
 - 1 teaspoon of Liquid Smoke (or 1 teaspoon smoked paprika)
 - 2-3 sprigs of fresh thyme
 - Juice of ½ lemon
 - 2, 15 ounce cans of low-sodium white beans, do not drain.
- Heat a soup pot or Dutch oven over medium heat and prepare for a dry-saute. Perform the “mercury water ball” test to determine if your pan is hot enough.
- Add the onions, and gently saute them until they are translucent. Add the garlic, allow it to slightly brown, then, deglaze with a one-half cup of stock.
- Add celery and carrots, and allow to simmer for about five minutes.
- Next, add the stock, diced potato, black pepper, Tamari, Liquid Smoke (or paprika) and the fresh thyme.
- Cover the pot. Reduce to a simmer, and allow the vegetables to cook for 25 minutes. Check for doneness of the potatoes and carrots with the tip of a knife.
- Fold in the beans and simmer for 10 more minutes, uncovered.
- When done, add the juice of the lemon-half. Remove thyme.
- Take 2-3 cups of the soup mixture and place it into a high speed blender to puree. Add back to the soup pot and stir to develop a creamy textured, smoky soup.
- Garnish and serve. Goes well with a side salad and some whole wheat bread.