BeWell recipe of the month:
“End of the Week” Bean Soup

From the kitchen of Rosalyne Tu, Stanford BeWell

Ingredients:

- 1 tablespoon olive oil
- 1/2 large onion, diced
- 1 large carrot, diced
- 1 large stalk of celery, diced
- 1 medium zucchini, diced
- 1 clove garlic, minced
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon dried sage
- 32 oz chicken broth or vegetable broth
- 1 15-oz can diced tomatoes
- 1 15-oz can cannellini beans, drained and rinsed (use 2 cans if wanting a heartier soup)
- 2 cups baby spinach (ex: spinach, swiss chard, kale, escarole)
- 1/3 cup grated Parmesan
- Salt and pepper to taste

Directions:

1. Add olive oil to a medium stock pot and turn the stove on to medium-high heat. Once the pan is warm, add in the first 8 items (onions, carrots, celery, zucchini, garlic, thyme, and sage). Add a pinch or two of salt and pepper. Cook for 5-7 minutes and stir frequently.
2. Add in vegetable or chicken broth and a can of tomatoes.
3. While the soup is heating, place half of the beans into another bowl and mash.
4. Add both mashed and whole beans to the soup.
5. Boil the soup for another 10-15 minutes. When the vegetables are soft, turn off the heat and add in the greens and parmesan. Season to taste.

Special notes: This recipe is quite adaptable to whatever you have on hand.

You could use cranberry or pinto beans, or chickpeas rather than white cannellini beans. Instead of the zucchini, you could experiment with other vegetables that you want to use up including turnips, parsnips, or fennel. Instead of the baby spinach, you can use other leafy greens like chopped kale, swiss chard, or escarole.

This soup recipe takes about 30 minutes to prepare. For the slow food version, you could use ¾ cup of dried beans and cook that ahead of time instead of the canned beans; 2 cups of diced fresh tomatoes instead of canned tomatoes; 1 tablespoon of fresh thyme and 2 teaspoons of chopped fresh sage leaves instead of the dried version; and use 1-2 chicken backs with water and more salt instead of store bought chicken broth or a homemade vegetable broth.