

Daniel Fast Soup

August 31, 2009 By Kristen Feola



Black Bean Minestrone

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots
2 stalks celery, sliced
2 cloves garlic, minced
4 cups water or Vegetable Broth
1 (15-oz) can black beans, rinsed and drained
1 cup fresh or frozen green beans, cut into 1-inch pieces
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped fresh spinach or ½ cup frozen spinach, thawed
2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley
½ teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 ¼ cups)

Additional things you may add

- Add barley, brown rice, or whole grain pasta.
- Other vegetables to add: corn, peas, potatoes, squash, or zucchini.