



## Tuscan White Bean Soup

### Ingredients

- 3 Tbsp Olive oil
- 3 shallots, peeled and chopped
- 4 cloves garlic, minced
- 1 (15 oz) can organic diced tomatoes
- 3 large cans (1 lb.13 oz) white northern beans, rinsed and drained
- 1 cup white wine
- 6 cups water
- 2 bay leaves
- 1½ Tsp dry thyme (or 2 Tbsp fresh)
- ½ tsp dry rosemary
- ¾ tsp salt
- fresh ground pepper
- 3 Tbsp stone-ground cornmeal (medium grind)
- 2 cups fresh escarole\*, rinsed and chopped

### Instructions

1. Heat oil in a large cast iron Dutch oven (I like Le Creuset but any heavy bottom deep pan will do) over high heat, add the garlic and shallots and sauté for 4-5 minutes.
2. Add the thyme, rosemary, bay leaves and continue to sauté over medium heat for another 5 minutes.
3. Add the white wine, diced tomatoes (with their juice), and salt and continue to cook for a few more minutes while stirring.
4. Add water and bring to a boil, reduce heat and add the drained beans to the pot and stir gently.
5. Continue to simmer covered for another 25-30 minutes.
6. Add the stone ground corn meal, one tablespoon at a time, stirring in between each so it doesn't clump.
7. Turn off the heat and add the escarole **while the soup is still hot** (or whatever greens you prefer); keep covered for at least 5 minutes for the greens to cook down or until ready to serve.
8. *If you'd like your soup a little creamier, here is what I recommend you do, right before you put in the greens, use a smart stick hand blender to grind some of the beans to the desired creaminess*

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