

## Tuscan Bean Soup

### Ingredients

- 2 cloves of garlic
- 2 Tbsp olive oil
- 1 medium onion, diced
- 1 small zucchini, diced
- 1 bunch (7 oz) escarole or broccoli rabe, cleaned, remove bottom stem and chop
- 1 (14 oz) can cannellini (white) beans, drained and rinsed
- 1 (14 oz) can whole tomatoes
- 4 cups low-sodium chicken broth
- 3 sprigs thyme
- Black pepper, freshly ground, to taste
- ½ loaf (about 6 oz) Italian Bread
- A pinch of sea salt (optional)



### Preparation

1. Smash the garlic with the flat side of the chef's knife and mince
2. Heat the olive oil in a large pot over medium heat
3. Add the onion and cook, stirring occasionally, over low heat for 5 minutes
4. Add the zucchini and cook together until the onion is translucent, about 3-5 minutes
5. Add the greens to the pot, raise the heat to medium and stir the greens until they wilt
6. Add the drained beans
7. Squeeze the tomatoes into the pot, breaking them up (with very clean hands)
8. Add the chicken broth and stir to combine
9. Cook over medium heat for 10 minutes
10. Pluck the thyme leaves from their stems and add them to the soup.
11. Season to taste with salt, if desired, and freshly ground pepper.
12. Cook for 5 minutes more and serve
13. Serve with the crusty bread