

## NAVY BEAN & VEGETABLE SOUP

- |   |                                      |    |  |
|---|--------------------------------------|----|--|
| 2 | Tbsp olive oil                       | ½  | tsp <b>TSG Peppery Herb Rub</b>          |
| 1 | med yellow onion, diced              | 32 | oz can chicken or vegetable soup         |
| 2 | carrots, peeled & diced              | 1  | can diced tomatoes (14.5 oz)             |
| 1 | small zucchini, peeled & diced       | 1  | can navy beans (15 oz), drained & rinsed |
| 1 | Tbsp <b>TSG Outrageously Garlic™</b> | 2  | cups chopped baby spinach leaves         |
| ½ | tsp salt                             |    | fresh grated Parmesan, optional          |

1. Heat the oil in a large stock over Medium-high heat. Add the onion, carrots and zucchini, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
2. Add the seasonings, broth and tomatoes and bring to a boil. Add the beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
3. Serve topped with Parmesan, if desired.

**Makes 8 cups**