

Creamy Tomato Basil Soup

This soup has a nutrient-dense secret. The creamy-dreamy texture comes not from the typical cream or coconut cream, but from blended-up white beans. Beans are pretty much fiber containing superstars and fiber is a nutrition powerhouse. It also happens to make this soup dairy-free, although I still like to pair it with a classic grilled cheese sandwich for childhood nostalgia.

Makes 4 servings

Ingredients:

2 tablespoons olive oil
1 small onion, roughly chopped
2-3 cloves of garlic, smashed and peeled
1 teaspoon salt
½ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes
1 (28-ounce) can diced tomatoes with juices
2 cups chicken or vegetable broth
1 (15.5-ounce) can white beans (like navy, cannellini, or great northern), drained and rinsed
¼ cup lightly packed fresh basil leaves
1 tablespoon red wine vinegar
½ teaspoon maple syrup

Directions

1. Heat oil in a 4-quart saucepan over medium heat; add onions, garlic, salt, pepper, and crushed red pepper flakes. Cook 3-5 minutes until onions have softened.
2. Add tomatoes, broth, beans, and basil. Bring to a boil, reduce to a simmer, and cook for 10-15 minutes to blend flavors.
3. Use an immersion blender to carefully blend the soup until smooth and creamy. Stir in red wine vinegar and maple syrup. Adjust seasoning to taste.