

10-Minute

White Bean Soup

With Toasted Cheese & Tomato

What You'll Need

- ½ cup dry white wine
- 2 sprigs fresh rosemary, each about 6 inches long
- 2 sprigs fresh thyme
- 2 ½ cups low-sodium chicken or vegetable broth
- Two 15-ounce cans of cannellini or other white beans, strained and rinsed
- 1 small shallot, peeled, trimmed and halved
- 1 small garlic, clove, peeled, trimmed and halved
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- Kosher salt and freshly ground black pepper
- 4 slices crusty sourdough bread (each about 1-inch thick; 8 ounces total)
- ¾ cup shredded part-skim mozzarella cheese
- 2 plum tomatoes, seeded and chopped (about 1 cup)
- ¼ cup grated Parmesan

Directions

Position a rack about 4 inches from the broiler heat source, and preheat. Bring the wine, rosemary, thyme and 2 cups of the chicken broth to a boil in a covered medium saucepan over high heat. Reduce to a bare simmer.

Puree the beans, shallots, garlic, oil, butter, remaining 1/2 cup chicken broth, 1/2 teaspoon salt, a few grinds of pepper and 1/2 cup of the simmering broth in a blender until completely smooth and emulsified, about 2 minutes.

Meanwhile, lay the bread slices on a rimmed baking sheet, and top evenly with the mozzarella. Broil until the tops are browned and bubbling, 1 to 2 minutes; remove from the oven. Divide the tomatoes evenly among the toasts, and top with the Parmesan.

Remove the herb sprigs from the simmering broth; set aside. Whisk the bean puree into the broth, and return it to a gentle boil. Ladle the soup into bowls, and garnish with the reserved herb sprigs and a few grinds of black pepper. Serve with the cheese toasts.



TOTAL TIME: 10 minutes (Prep 4 min, Cook 6 min)

SERVES: 4

CALORIES 530; **FAT** 16g (sat 5g)

PROTEIN 28g **CARBS** 63g **FIBER** 9g **CHOL** 10mg;

SUGAR 4g **SODIUM** 810mg; **CALCIUM** 80mg