

Vegetarian White Bean Soup

A light Vegetarian White Bean Soup that tastes better without the ham found in typical bean soup.



COURSE
Soup

CUISINE
American



SERVINGS
4

INGREDIENTS

- 2 tablespoons coconut oil
- 2 yellow onion diced
- 2 celery chopped
- 2 carrots chopped
- 1 turnips medium diced
- 1 pound white beans dried
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon ground sage
- 1 teaspoon ground coriander
- 1/2 teaspoons ground thyme
- 1/2 teaspoons MSG
- 6 cups water

INSTRUCTIONS

1. Soak beans overnight in water. Make sure to fill your container several inches higher than the beans as they will soak up a lot of liquid.
2. In a large soup pot or dutch oven, heat coconut oil over medium heat.

3. Add onions, celery, carrots and turnip and cook, stirring occasionally, until onion starts to become translucent, about 10 minutes.
4. Add beans, spices and water.
5. Cook covered over medium heat until the soup begins to bubble then turn heat to low.
6. Simmer for 1 hour or until beans are tender.

NOTES

If you prefer a thin soup, serve as is. If you prefer a thicker soup, remove half the soup and blend in a blender or blend using an immersion blender until desired consistency is achieved.

Recipe courtesy of Pinkie's Oinkments

