

NAVY BEAN & VEGETABLE SOUP

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| 2 Tbsp olive oil | ½ tsp TSG Peppery Herb Rub |
| 1 med yellow onion, diced | 32 oz can chicken or vegetable broth |
| 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 TSG Outrageously Garlic™ | 2 cups chopped baby spinach leaves |
| ½ tsp salt | freshly 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