



BUDGET FRIENDLY RECIPES

## Farmhouse Bean Soup

**Serves 6. Prep time: 15 minutes active; 30 minutes total.**

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|---|---|
| 2 tablespoons Field Day olive oil       | 1 15-ounce can Field Day Great Northern beans, rinsed and drained |
| 1 yellow onion, diced                   |   |
| 1 large carrot, peeled and diced        | 1 15-ounce can Field Day pinto beans, rinsed and drained          |
| 3 parsnips, peeled and diced            | 1 15-ounce can Field Day kidney beans, rinsed and drained         |
| 3 cloves garlic, peeled and minced      | 5 cups fresh spinach, chopped                                     |
| 1 15-ounce can Woodstock diced tomatoes | Salt and black pepper to taste                                    |
| 4 cups Field Day vegetable broth        |   |
| 2 teaspoons dried rosemary              |   |
| 2 teaspoons dried thyme                 |   |

### Preparation

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

# Farmhouse Bean Soup

## Ingredient checklist

### PRODUCE

- Yellow onion
- Carrots
- Parsnips
- Garlic
- Spinach

### GROCERY

- Field Day olive oil
- Woodstock canned diced tomatoes
- Field Day vegetable broth
- Field Day canned Great Northern beans
- Field Day canned pinto beans
- Field Day canned kidney beans

### SPICES/SEASONINGS

- Rosemary
- Thyme
- Sea salt
- Black pepper

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## Serving suggestion

Thanks to convenient and nutritious canned beans, this soup is a fast and tasty weeknight main dish. Just add a side salad and a plate of corn tortillas.

## Nutritional information per serving

300 calories	49 g. carbohydrate
6 g. fat	18 g. fiber
0 mg. cholesterol	13 g. protein
200 mg. sodium	

## Estimated cost

Total:	\$14.86
Cost per serving:	\$2.48

*The nutritional values and information are approximations, and ingredient costs are estimated.*