

Hearty Tomato and White Bean Soup *from Urban Sacred Garden*
Based on Kathy Hester's recipe in The Great Vegan Bean Book



This is a simple tomato soup, made hearty and taken to the next level by the incorporation of a white bean purée used in the tomato base. It is the perfect dish to carry you into the cool days of the Fall. In the recipe below I've made a couple of substitutions with items I had on hand in the kitchen, and the final product turned out great (although not strictly vegan). I have made note of the substitutions and the original ingredients. Yield: About 8 Servings

INGREDIENTS

2 Tbsp Olive Oil
1/2 Small Yellow Onion, minced
3 Cloves Garlic, minced
3 Tbsp Fresh Basil, Chopped (original recipe:
1 Tsp Marjoram)
1 Tsp Fresh Oregano, Chopped (original
recipe: 1 Tsp Thyme)
1/2 Tsp Smoked Paprika
1/4 Tsp Ground Rosemary

2 Cups 1% Organic Milk (original recipe: 2
Cups unsweetened nondairy milk)
2 Cans (14.5 oz) Diced Tomatoes or 3 Cups
Chopped Fresh Tomatoes
3 Cups White Beans, cooked or 2- 15 oz. can
rinsed and drained (original recipe: 1 1/2
Cups White Beans or 1 can)*
Fresh Ground Sea Salt
Fresh Ground Black Pepper

*I used a mix of Snow Cap, Navy Beans and Great Northern.

DIRECTIONS

1. If using dry beans, soak overnight then cook in salted water according to package instructions. Drain and set aside.
2. Heat Olive Oil over medium heat in a large stock pan. Add Onion and cook until soft and translucent. Add the Garlic and Herbs and cook for another 2 to 3 minutes.
3. Add the Milk, Tomatoes and 1/2 Beans and blend until smooth with an immersion blender. Once blended, add remaining Beans and leave whole (additional whole beans are optional and not part of the original recipe). Add Salt and Pepper to taste.
4. Heat for another 15-20 minutes over medium-low heat. Add more Salt if needed to complete and balance flavor.
5. Serve hot with your toppings of choice (I used Sour Cream and Fresh Basil). Enjoy!