

**Spicy White Bean, Tomato & Spinach Soup (vegan)**

- 1 med. onion, diced
- 4 cloves garlic, minced
- 1 28-oz can no-salt diced tomatoes
- 1 15-oz can white cannellini beans
- 1 ½ c. low-sodium organic vegetable stock
- 1/3 c. roasted red peppers
- 1 T. dried parsley
- 1 T. basil
- 1 c. chopped fresh spinach
- dash cayenne
- 1 t. crushed red pepper

Sauté onion for 5 minutes in a little of the stock or water. Add the garlic and roasted red pepper. Sauté for 3 minutes. Add stock, beans and tomatoes & spices. Reduce to low and simmer 20 minutes. Add spinach and simmer 10 more minutes. Perfect alone, or as a main course!