Danielle’s take on switching up the classic canned tomato soup

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| Servings | Prep Time | Total Time |
| 2-4 | 5 mins | 15 mins |

# Ingredients

* 1 can of low/reduced sodium tomato soup
* 1 tbsp extra-virgin olive oil
* ½ small onion, chopped
* 1 stalks celery, finely chopped
* 1-2 cloves garlic (your preference)
* 2 cups fresh baby spinach
* 1 tsp fresh thyme
* 1 tsp Italian seasoning

Image: https://www.vnutritionandwellness.com/white-bean-tomato-soup/

* ½ - 1 can drained white beans (or other beans of choice)
* Salt and pepper to season

**Optional add-ins**

* Vegetable broth: will make the soup a little thinner
* Milk or cream: even a little bit will make it a bit richer and creamier
* ½ cup cooked bite-sized whole grain pasta (elbows, shells, etc.): just add it at the end so they don’t get too mushy
* Any other vegetables, fresh or dry herbs you like!
* Red pepper flakes for a bit of spice

Directions:

* 1. In a medium saucepan, heat the olive oil over medium heat.
  2. Add onions, celery, garlic (and any other veggies of choice) and gently sauté until softened, about 5 minutes. Watch carefully to make sure the garlic doesn't brown.
  3. Add canned soup and follow directions on can.
  4. Add beans, spinach, thyme and Italian seasoning.
  5. Heat thoroughly until beans are warmed and spinach is wilted
  6. Add any optional add-ins (ie. cooked pasta, vegetable broth) and stir well
* If adding veggie broth, you can let this reduce a bit!
  1. Season to personal preference and serve hot.
  2. Enjoy!