



3 15 oz cans great northern beans, rinsed and drained

4 slices center cut bacon, chopped

1 medium white onion, chopped

1 large carrot, chopped

1 large celery stalk, chopped

2 tbsp tomato paste

4 cups reduced sodium chicken broth

1 bay leaf

2 cups baby spinach

4 cloves garlic

1 teaspoon thyme

1 tablespoon apple cider vinegar

Instructions

Preheat the oven to 400 degrees.

Line a baking sheet with foil. Place a cookie rack on top of the baking sheet. Lay the bacon slices out flat and bake for 15-30 minutes, to your desired doneness. When done cooking, chop and set aside.

In a blender, blend 1 cup of beans with 1 cup of water.

Add the onion, carrots and celery to the pot and cook until soft, about 5 minutes.

Add minced garlic and saute until fragrant, about 1 minute.

Stir in the tomato paste. Add the pureed beans, beans, broth, thyme and bay leaves.

Bring to a boil, cover and cook on low until the beans and vegetables are soft, about 25 minutes.

Lightly puree the soup with an immersion blender to thicken. Add the spinach and stir until wilted.

Turn off the heat and stir in apple cider vinegar.

To serve, ladle into 6 bowls and top with bacon.

Nutritional Information

Calories 272

Protein 21.1 grams

Fat 1.9 grams

Carbohydrates 52.2 grams

Fiber 11.9 grams