

White Bean Soup with Spring Herbs

INGREDIENTS

4 (15 ounces) cans cannellini beans, drained
2 (14 ounces) cans low sodium vegetable broth
1/2 cup Italian (flat) parsley, chopped
1/2 tablespoon fresh rosemary, finely chopped
1/2 teaspoon ground black pepper
2/3 cup water
2 tablespoons lemon juice
1/4 cup chives, chopped
Approximately 3 tablespoons extra virgin olive oil

INSTRUCTIONS

1. Combine 2 cans beans, broth, parsley, rosemary, and pepper in a bowl. Blend with a hand blender until pureed.
2. Transfer to a saucepan and add 2 cans beans and the water. Bring to a boil.
3. Remove from heat, stir in lemon juice, and spoon into serving bowls.
4. Sprinkle each bowl with chives and drizzle with olive oil.

Optional: add greens and/or carrots for a more complete meal. Add garlic if you are a garlic lover!

Makes about 8 servings
Adapted from Rodale.com



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Chives and Parsley

High in folate; parsley is high in Vitamin C and potassium.

Chives are part of the onion and garlic family, known for their allicin content. Allicin may have anti-inflammatory and cardio-protective properties. Chives have a delicate onion flavor. Garlic chives, another variety, have a stronger garlicky flavor.

Parsley is in the carrot family, as is fennel, dill and cumin. It is a biennial, sending up a flower stalk, then dying in the second year. In Europe, varieties of parsley are grown for their roots, like carrots.

In the kitchen: Use chives and parsley as a garnish (chive blossoms are edible), or make a recipe like tabbouleh, a middle eastern dish that uses lots of parsley. Chives can be cooked like onions.

In the garden: Chives are a perennial; they will come back every year and are ready to use by May. Italian parsley is the stronger tasting variety. Parsley is best replanted yearly.