

# **Spicy Sun-Dried Tomato Soup with White Beans and Chard**

Abigail Henson - Natural Gourmet Institute  
Vegetarian Times Magazine - January 2010

**Servings: 8**

**Start to Finish Time: 30 minutes**

**2 tablespoons olive oil**  
**3 cloves (1 tablespoon) garlic, minced**  
**1/2 teaspoon red pepper flakes**  
**1 medium (1 1/2 cups) onion, chopped**  
**2 medium (1 cup) carrots, sliced**  
**2 ribs (1/2 cup) celery, chopped**  
**1 small (1 cup) zucchini, sliced**  
**1/2 teaspoon fresh rosemary, chopped**  
**2 cups low-sodium vegetable broth**  
**2 cans (15 oz) diced tomatoes**  
**1 can (15 oz) small white beans or cannellini beans, rinsed and drained**  
**1/2 cup oil-packed sun-dried tomatoes drained and chopped**  
**2 tablespoons oil from tomatoes jar**  
**1/2 bunch (6 oz) Swiss chard, chopped**  
**1/2 teaspoon fresh thyme, chopped**  
**2 cups torn fresh basil**

Heat the oil in a large saucepan over medium heat.

Add garlic and red pepper flakes. Cook for 1 minute or until the garlic is fragrant.

Stir in the onion, carrots, celery, zucchini and rosemary. Cook 10 to 15 minutes or until the onions are soft.

Add the broth, one can of tomatoes and the beans. Scoop one cup of the mixture into a food processor or blender. Add the remaining can of tomatoes, sun-dried tomatoes and sun-dried tomato oil. Puree until smooth. Stir the mixture into the soup. Season with salt and pepper, if desired. Simmer for 10 minutes.

Add the Swiss chard and the thyme. Simmer 5 minutes more or until the chard is wilted.

Remove the pan from the heat. Stir in the basil.

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Per Serving (excluding unknown items): 59 Calories; 4g Fat (51.2% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.