



# THE HEALTHIEST BEAN AND TOMATO SOUP

(V, DF, GF)

## INGREDIENTS

- 1 stick celery, chopped
- 2 carrots ( or 8 baby carrots), sliced into thin rounds
- 3 tomatoes, grated
- 1 large onion, chopped into small pieces
- 2 tablespoons double concentrated tomato paste (or 4 tablespoons regular strength paste)
- 2 cans cannellini beans, rinsed well and drained
- 2-3 tablespoons coconut sugar (I use 3)
- 1/2 cup + 1 tablespoon olive oil
- 1 teaspoon sea salt
- 3 cups water

## DIRECTIONS

### *How-to:*

- 1.*Grate the tomatoes, set aside. See the Tips and Tricks section for how to grate a tomato.*
- 2.*Chop the onion, celery and carrots. Set aside.*
- 3.*Heat the 1 tablespoon olive oil in a large stock pot over medium heat. Add the onion, celery and carrots. Saute the veggies for five minutes or until the onions are translucent.*
- 4.*Add the 3 cups water, grated tomatoes, tomato paste, coconut sugar, salt, beans and 1/2 cup olive oil to the pot. Bring to a low boil.*
- 5.*Reduce heat to low and simmer for 30 minute or until the soup thickens and the carrots are softened.*
- 6.*Serve in bowls, eat and enjoy!*

### *Tips and Tricks:*

- *I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online*
- *Grate tomatoes like a chunk of cheese. Hold a small holed cheese grater over a bowl and slide the tomato over the grater until you cut through the skin. Continue to grate until complete. Some of the skin may not grate up and that is fine to discard. The tomatoes will appear to be in the form of a puree.*
- *I topped mine with hemp seeds and served it with some grain free rosemary crackers*
- *Reduce the amount of coconut sugar if you don't want it quite as sweet*

**PREP TIME: 30 MIN**

**COOK TIME: 30 MIN**

**TOTAL TIME: 60 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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