

LEMONY RICE SOUP

1/2 cup olive oil

3 cups diced yellow onion (2 medium or 1 very large)

1 Tbsp minced garlic

3 cups celery, diced (~ 6 stalks)

4 ½ cup carrots, diced (~ 3 large carrots)

4-15oz. can of cannellini beans, drained & rinsed (sub Navy or Great Northern)

18 cups low sodium vegetable broth, divided

1 ½ cups dry arborio rice (can sub/combine jasmine, basmati or wild rice)

1/2 cup freshly squeezed lemon juice, divided (from 2 lemons) + optional zest

2 tsp salt

¾ tsp black pepper

6 cups spinach (about 6 oz) (can sub kale)

1 bunch fresh parsley, chopped

½ bunch fresh dill, chopped (about 6 T)

6 T fresh oregano, chopped (or 1 T dried)

Heat oil on medium. Add onion. Sauté for 5-7 mins, stirring often.

Add garlic, celery, and carrots. Cook for 5-7 mins.

Meanwhile, add cannellini beans and two cups of vegetable broth to a bowl.

Blend with immersion blender until smooth and creamy.

Add puréed beans, remaining 16 cups of broth, rice, ¼ cup lemon juice, salt, and pepper. Bring to a boil. Reduce heat to low and simmer covered for 20 mins.

Stir in spinach, herbs and remaining lemon juice. Cook additional 5 mins.