

20-Minute Harvest Vegetable Soup



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 (15-ounce) can no-salt-added cannellini beans, rinsed
- 1 (14-ounce) can no-salt-added diced tomatoes, undrained
- 1 (10-ounce) package frozen chopped sweet potatoes
- 1 (10-ounce) package frozen cauliflower florets
- 4 cups lower-sodium vegetable broth
- 2 cups cut fresh green beans (½-inch pieces)
- 1 tablespoon chopped fresh thyme, plus leaves for garnish
- 1½ teaspoons garlic powder
- ½ teaspoon salt
- ½ teaspoon ground pepper, plus more for garnish

Directions

1. Heat 2 tablespoons oil in a large pot or Dutch oven over medium-high heat. Add chopped onion; cook, stirring occasionally, until beginning to brown, about 4 minutes. Stir in rinsed cannellini beans, 1 can tomatoes, 1 package frozen sweet potatoes, 1 package frozen cauliflower, 4 cups broth, 2 cups green beans, 1 tablespoon thyme, 1½ teaspoons garlic powder, ½ teaspoon salt and ½ teaspoon pepper.
2. Bring to a gentle simmer over medium-high heat. Cover and cook until the green beans and sweet potatoes are fork-tender, about 5 minutes. Remove from the heat. Divide among 4 bowls. Garnish with thyme leaves and pepper, if desired.