Serves 6. Prep time: 15 minutes active; 30 minutes total.

2 tablespoons Field Day olive oil
1 yellow onion, diced
1 large carrot, peeled and diced
3 parsnips, peeled and diced
3 cloves garlic, peeled and minced
1 15-ounce can Woodstock diced tomatoes
4 cups Field Day vegetable broth
2 teaspoons dried rosemary
2 teaspoons dried thyme
1 15-ounce can Field Day Great Northern beans, rinsed and drained
1 15-ounce can Field Day pinto beans, rinsed and drained
1 15-ounce can Field Day kidney beans, rinsed and drained
5 cups fresh spinach, chopped
Salt and black pepper to taste

Preparation
In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.
Ingredient checklist

PRODUCE
- Yellow onion
- Carrots
- Parsnips
- Garlic
- Spinach

GROCERY
- Field Day olive oil
- Woodstock canned diced tomatoes
- Field Day vegetable broth
- Field Day canned Great Northern beans
- Field Day canned pinto beans
- Field Day canned kidney beans

SPICES/SEASONINGS
- Rosemary
- Thyme
- Sea salt
- Black pepper

Serving suggestion
Thanks to convenient and nutritious canned beans, this soup is a fast and tasty weeknight main dish. Just add a side salad and a plate of corn tortillas.

Nutritional information per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>300</td>
</tr>
<tr>
<td>Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>49 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>18 g</td>
</tr>
<tr>
<td>Protein</td>
<td>13 g</td>
</tr>
</tbody>
</table>

Estimated cost

- Total: $14.86
- Cost per serving: $2.48

The nutritional values and information are approximations, and ingredient costs are estimated.