

15-Minute White Bean Soup That Tastes Like It Simmered All Day

It's ready in about 15 minutes, but still tastes layered and comforting.



TIME
15 min

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INGREDIENTS

2 tablespoons olive oil
1 small onion, diced
2-3 garlic cloves, minced
½ teaspoon dried thyme (or 1 teaspoon fresh)
...-½ teaspoon crushed red pepper flakes (optional)
4 cups vegetable or chicken broth
2 cans (15 ounces each) white beans (cannellini or Great Northern), drained and rinsed
Salt and black pepper, to taste
2 cups baby spinach or chopped kale (optional but recommended)
1-2 tablespoons lemon juice (to brighten)
Optional: grated Parmesan, chopped parsley, or a drizzle of olive oil
Optional: crusty bread for serving

DIRECTIONS

1. Sauté the aromatics: Heat olive oil in a medium pot over medium heat. Add the diced onion and cook for 3-4 minutes until softened. Stir in garlic, thyme, and red pepper flakes (if using) and cook for 30 seconds, just until fragrant.
2. Add broth and beans: Pour in the broth, then add the rinsed white beans. Bring everything to a gentle simmer.
3. Create the creamy texture: Use a potato masher to mash some of the beans right in the pot (my favorite quick method). Or: ladle a couple cups into a blender, blend until smooth, and stir it back into the soup.
4. Add greens (optional): Stir in spinach or kale. Spinach needs about 1 minute to wilt; kale takes 2-4 minutes depending on how finely it's chopped.
5. Finish bright: Turn off the heat and stir in lemon juice. Taste and season with salt and pepper until it pops.
6. Serve: Bowl it up and top with Parmesan, parsley, and/or a little extra olive oil. Serve with crusty bread if you've got it.

SWAPS & NOTES

Beans: Cannellini are my favorite for creaminess, but Great Northern works beautifully too.

Broth: Vegetable broth keeps it vegetarian; chicken broth adds extra savory depth.

Greens: Spinach wilts quickly (perfect for 15 minutes).

Kale needs a couple extra minutes but holds up great.

TIPS FOR SUCCESS

Don't skip the lemon: It wakes up the whole pot and balances the creamy beans.

Season in layers: Add a pinch of salt early, then adjust at the end after the beans and broth meld.

Mash more than you think: If you want a thicker soup, mash more beans (or blend a larger portion).

Use good olive oil at the end: A finishing drizzle makes it feel restaurant-y with zero effort.

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Original recipe: <https://chefmaniac.com/15-minute-white-bean-soup-that-tastes-like-it-simmered-all-day/>