

# Hearty Spring Vegetable Soup

## with Fried Tofu and Cannellini Beans

1 T olive oil	1 C dried cannellini beans, soaked overnight
1 medium onion, chopped	1 C fried tofu, cubed
2 cloves garlic, minced	4 C vegetable broth
2 carrots, diced	1/4 C brewed Spring Darjeeling Tea
2 celery stalks, diced	1 t dried tarragon
1 zucchini, diced	Salt and pepper to taste
1 C green beans, trimmed and cut into 1-inch pieces	Fresh parsley, chopped (for garnish)
1 C peas (fresh or frozen)	

**PREPARE THE BEANS:** Soak the dried cannellini beans in water overnight. Drain and rinse the beans. In a large pot, cover the beans with fresh water and bring to a boil. Reduce heat and simmer for 45-60 minutes, or until the beans are tender but slightly al dente. Drain and set aside.

**PREPARE THE SOUP:** In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and sauté until softened. Add the carrots, celery, zucchini, and green beans, and cook for 5 minutes.

**SIMMER:** Pour in the vegetable broth and brewed Spring Darjeeling Tea. Add the peas, cannellini beans, fried tofu, tarragon, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the vegetables are tender.