



White Bean Kale Soup

Servings 8 | Prep time 45 mins. | Total time 1 hour 5 mins.

Equipment: Large Pot, Measuring Cups and Spoons

Utensils: Stirring Spoon

Ingredients

1 tablespoon olive or vegetable oil
1 yellow onion, diced
4 cloves garlic, minced or 2 1/4 teaspoons garlic powder
1 cup sliced celery
1 cup sliced carrot
3 teaspoons Italian seasoning
3 cups low sodium vegetable broth
3 15 ounce cans white beans, drained and rinsed
3 cups chopped kale, ribs removed and sliced into ribbons
1/2 teaspoon salt
1/4 teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, tops of cans, produce, and utensils.
2. Heat oil in a large pot over medium-high heat.
3. Add onion, garlic, celery, and carrots. Cook, stirring frequently for 8 minutes.
4. Add Italian seasoning and a large pinch of salt and pepper. Cook for 1 minute, stirring frequently.
5. Add vegetable broth and white beans to the pot. Stir to combine.
6. Bring pot to simmer on medium-high heat.
7. Reduce heat to medium and leave to simmer for 5 minutes.
8. Stir kale for 2-3 minutes, or until it begins to wilt slightly.
9. Season soup to taste with additional salt and pepper.

Nutritional Information:

Calories 190
Total Fat 2g
Sodium 450mg
Total Carbs 32g
Protein 12g