



# 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