



White Bean Kale Soup

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

Equipment:

Large pot

Utensils:

Mixing spoon

Measuring cups and spoons

Ingredients

1 tablespoon olive oil OR vegetable oil
1 yellow onion, diced
4 cloves garlic, minced OR 4 teaspoons garlic powder
1 cup celery (about 4 stalks), sliced
1 cup carrots, sliced
3 teaspoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
3 cups low-sodium vegetable broth
3 15.5 ounce cans no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
3 cups chopped kale, sliced into ribbons and stems removed
1/2 teaspoon salt
1/4 teaspoon black pepper

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
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 black 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 begin to slightly wilt.
9. Season soup to taste with additional salt and black pepper.

Nutritional Information:

Calories 190

Total Fat 2g

Sodium 450mg

Total Carbs 32g

Protein 12g