



White Bean and Kale Soup

Serves 6 to 8

Ingredients:

- 2 Tablespoons olive oil
- 1 carrot, diced (about 1 cup)
- 2 celery stalks, diced (about 1 cup)
- 1 onion, diced (about 1 cup)
- 1 bunch Lacinato or dinosaur kale
- 4 cloves garlic, minced
- 1 potato, cubed (about 1 ½ cups)
- 2 teaspoons Italian seasoning (or any combination of dried rosemary, thyme, basil, oregano and/or parsley)
- 1 teaspoon salt (less if broth and/or beans are not low-sodium)
- ½ teaspoon black pepper
- Pinch of red pepper flakes
- 32 ounces low-sodium vegetable broth
- 2 (15.5 ounce) cans low-sodium white beans (any variety), drained and rinsed
- Juice of 1 lemon

Instructions:

1. Heat olive oil over medium heat in a stock pot. Add carrot, celery, and onion and sauté until vegetables have softened, about 5 minutes.
2. Meanwhile, for the kale, separate the leaves from the stems. Thinly slice the stems and roughly chop or rip up the leaves.
3. Add kale stems, garlic, and potato to the pot and stir well to combine. Cook for two or three minutes.
4. Stir in your choice of Italian seasoning, salt, pepper, and red pepper flakes. Cook for another minute or so.
5. Add vegetable broth to the pot and bring to a boil.
6. While the broth is coming to a boil, place ½ cup of the drained and rinsed beans into a bowl and mash into a paste using a fork or spoon.
7. Once the mixture is boiling, reduce to a simmer and stir in beans, mashed beans, and torn kale greens.
8. Simmer, uncovered, for about 15 to 20 minutes or until the mixture has thickened and the kale greens have softened.
9. Stir in lemon juice. Taste and season, as desired.
10. Serve warm and enjoy!