



Bean Soup with Kale

Jacob · 29/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

8

Description

This white bean and kale soup supplies 7mg of lutein per serving a healthy dose for the day

Ingredients

- - 1 tablespoon olive oil - 1 medium yellow onion
- chopped - 8 large garlic cloves
- crushed or minced - 4 cups chopped raw kale - 4 cups low-fat
- low-sodium chicken or vegetable broth
- divided - 2 (15 ounce) cans white beans
- such as cannellini or navy
- undrained and divided - 4 plum tomatoes
- chopped - 2 teaspoons dried Italian herb seasoning - salt and pepper to taste - 1 cup chopped parsley

Instructions

1. Heat olive oil in a large pot over medium-high heat. Cook and stir onion and garlic in hot oil until soft. Add kale; cook and stir until wilted. Add 3 cups broth
2. 2 cups beans
3. tomatoes
4. herb seasoning
5. salt
6. and pepper; bring to a boil
7. then reduce heat and simmer for 5 minutes. Mix remaining beans and broth in a blender or food processor until smooth. Stir into soup to thicken
8. then simmer for 15 minutes. Ladle into bowls; sprinkle with parsley to serve.