



Savory Kale Cannellini Bean and Potato Soup

Savannah · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

6

Description

I made this potato kale white bean soup to use some of the kale I froze for the winter and have something healthy to bring to work for lunch this week I whipped up this soup which is really quite good

Ingredients

- - 2 tablespoons extra-virgin olive oil - 1 onion
- diced - $\frac{3}{4}$ cup diced carrot - 4 cloves garlic
- minced - 3 cups low-sodium chicken broth - 2 cups water - 1 cup white wine - 3 potatoes
- halved and sliced - $\frac{1}{2}$ teaspoon chopped fresh rosemary - $\frac{1}{2}$ teaspoon chopped fresh sage - $\frac{1}{2}$ teaspoon chopped fresh thyme - 1 (16 ounce) can cannellini beans
- rinsed and drained - 2 cups finely chopped kale leaves - 1 small red chile pepper
- seeded and chopped fine - ground black pepper to taste

Instructions

1. Heat olive oil in a large Dutch oven over medium heat. Cook and stir onion in hot oil until softened and translucent
2. about 5 minutes. Stir in carrot and garlic; cook for 5 minutes more. Pour in chicken broth
3. water
4. and white wine; stir in potatoes
5. rosemary
6. sage
7. and thyme. Bring to a boil
8. then reduce heat to medium-low
9. cover
10. and simmer until potatoes are tender
11. about 20 minutes. Add cannellini beans
12. kale
13. chile pepper
14. and black pepper; simmer
15. covered
16. for 30 more minutes.