

White Bean Kale Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 large yellow onion, diced
- 3 celery ribs, diced
- 2 medium carrots, diced
- 6 garlic cloves, chopped
- 3 ½ cups low-sodium vegetable broth
- ⅛ tsp kosher salt
- black pepper, to taste
- ½ tsp ground sage
- ¼ tsp dried rosemary
- 2 bay leaves
- 1 medium Yukon gold potato, peeled and finely diced (about 6oz)
- 2 (15-oz) cans low-sodium cannellini beans, drained and rinsed (or 3 cups prepared beans)
- 1 small bunch lacinato kale, center rib removed, and leaves chopped

Instructions:

1. Heat oil in a large soup pot over medium-high heat. Once hot, add the onion, celery, and carrots. Cook until the vegetables are softened and starting to turn brown, about 7 to 9 minutes.
2. Add the garlic and cook another 1 to 2 minutes until fragrant.
3. Pour a splash of broth to deglaze the pot, stirring up any brown bits from the bottom of the pot. Add the remaining broth, salt, pepper, sage, rosemary, bay leaves, potatoes, and beans. Stir well.
4. Bring the soup to a boil. Then reduce heat, cover the pot and simmer the soup for about 15 minutes, or until the potatoes are tender.
5. Remove bay leaves.
6. Optional: remove soup from heat and use an immersion blender throughout half the soup to blend, but be sure not to blend it all - you want some texture.
7. Add the kale to the soup and simmer 3 to 5 minutes, or until the kale is tender but still bright green.
8. Enjoy!



Servings: 8

Nutrition Facts

8 servings per container
Serving size 1/2 cup

Amount per serving
Calories 170
% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 30g 11%

Dietary Fiber 9g 32%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 150mg 10%

Iron 2.4mg 15%

Potassium 520mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole
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