

# White Bean & Kale Soup

Servings: 4

## INGREDIENTS

1 TBSP OLIVE OIL  
1 MEDIUM ONION, CHOPPED  
1 LARGE CARROT, CHOPPED  
1 CELERY RIB, CHOPPED  
2 GARLIC CLOVES, MINCED  
1 14 OUNCE CAN TOMATOES  
6 CUPS WATER  
1 TBSP TOMATO PASTE  
1 TSP OREGANO  
1 MEDIUM YUKON GOLD POTATO,  
DICED  
1/2 LB. KALE, STEMMED, CHOPPED  
(MAKES ~ 4 CUPS)  
1 CAN WHITE BEANS, RINSED AND  
DRAINED  
SALT & PEPPER TO TASTE  
GRATED PARMESAN FOR TOPPING  
BOUQUET GARNI WITH BAY LEAF, 2  
SPRIGS PARSLEY AND THYME



## DIRECTIONS

**Step 1:** Heat the olive oil over medium heat in a large, heavy soup pot and add the onion, carrot, and celery and a pinch of salt. Cook, stirring often, until the vegetables are tender, about 8 minutes. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Stir in the tomatoes and juice from the can, add another pinch of salt and cook, stirring often, for 5 to 10 minutes, until the tomatoes have cooked down slightly.

**Step 2:** Add the water, tomato paste, oregano, potato, and salt to taste. Bring to a boil, add the bouquet garni, cover and simmer 10 to 15 minutes, until the potatoes are just about tender.

**Step 3:** Add the kale and simmer another 10 minutes, until the kale and potatoes are tender and the soup is fragrant. Taste, adjust salt, and add pepper. Stir in the beans and heat through for 5 minutes. Serve, sprinkling some Parmesan over each bowl

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 177, Fat 4g, Carbs 30g, Fiber 8g, Sugars 3g, Protein 9g

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