

KALE, WHITE BEAN, AND POTATO SOUP

PREP TIME

15 mins

COOK TIME

30 mins

SERVINGS

6

INGREDIENTS

2 tablespoons olive oil
1 onion, diced
2 cloves garlic, minced
2 stalks celery, diced
3 carrots, diced
2 potatoes, peeled and diced
1 can low sodium white beans
(cannellini, great northern, or navy beans)

1 (32 ounce) box low sodium stock-
veggie, chicken, or beef
1 head of kale, ribs removed and
leaves cut into bite sized pieces
1 lemon, zest and juice
Salt and pepper

METHOD

1. In a deep pot add the oil, onion, garlic, celery, and carrots. Season with salt and pepper.

2. Over medium heat, sauté the vegetables until they are slightly soft and onion is clear. Add potatoes, beans, and stock.

3. Add water to the pot, enough to cover all of the vegetables. Let simmer on medium/low heat for about 20 minutes.

4. Insert a fork into a potato to see if they are cooked through. When potatoes are cooked through add kale. Zest the lemon into the pot. Then squeeze the juice from one half of the lemon into the soup and mix together.

5. Cook 5 more minutes until the kale has wilted.

6. Serve with parmesan cheese, red pepper flakes, and more lemon juice.

Optional: Add two chicken sausages, crumbled into pieces with the onion and vegetable mixture at the beginning of the recipe.

Or, add cooked shredded chicken or turkey at the end of the recipe with the kale, and cook long enough for the meat to warm through.

