

Bean Soup With Kale

White beans, cannellini or navy, and chicken broth form the base of this soup made with fresh kale and tomatoes.

Yields: 8 servings

INGREDIENTS:

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

DIRECTIONS:

1. In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth,
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cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.