

White Bean and Kale Soup

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Green Palette

This is a thick, warming soup full of fiber and other nutrients. Perfect for a cold winter night.

Serves 6

- 1 bunch kale
- 4 large cloves garlic
- 1 tablespoon olive oil
- 6 cups cooked cannellini beans (drained and rinsed if using canned)
- 5 cups water or vegetable stock*
- 2 tablespoons tomato paste
- ½ teaspoon dried sage
- 1 teaspoon salt, or to taste
- ¼ teaspoon pepper, or to taste
- freshly grated parmesan cheese (optional)

Directions:

1. Remove the coarse stems from the kale and coarsely chop the leaves. Set aside.
2. In a large soup pot, sauté the garlic in the olive oil for 30 seconds, making sure it does not burn. Add 3 cups of the white beans and half of the water or vegetable stock. Simmer beans.
3. Meanwhile, in a blender or food processor, puree the rest of the beans, water or vegetable stock, tomato paste and sage. Stir the pureed mixture into the soup and continue to simmer. Add salt and pepper to taste.
4. Add the kale to the soup and continue to simmer for half an hour or until the kale is tender. Adjust the seasonings to taste.
5. Serve immediately with a sprinkle of freshly grated parmesan and warm whole grain bread.

**I do not recommend store bought vegetable stock. It is easy to make! Coarsely chop 2 onions, 4 peeled carrots, 4 stalks celery. Add to 3 quarts of water with 1 bay leaf and ½ teaspoon black peppercorns. Simmer for an hour and strain. The liquid is ready to use for soup.*