



KALE, TOMATO & WHITE BEAN SOUP

Serves 4



Ingredients:

- 2 cups peeled and sliced carrots (around 5 to 7)
- 1 cup sliced celery stalks (around 2 stalks)
- 1 cup finely chopped yellow onion
- 2 teaspoons canola oil
- 2 cups canned, no-salt-added, chopped tomatoes
- 1 teaspoon dried rosemary
- 2 1/2 cup low-sodium vegetable broth
- 2 teaspoons lemon juice
- 2 clove garlic (minced)
- 1 can low-sodium cannellini beans
- 1/4 teaspoon pepper
- 1 package frozen kale
- 1/2 cups fresh chopped parsley



Directions:

1. Prepare the vegetables: peel and slice carrots; slice the celery stalks; peel and chop the yellow onion; and peel and mince the garlic.
2. In a 3-quart (or larger) slow cooker with saute abilities or in a large saute pan over medium-high heat, warm oil. Add carrots, celery, and onion to the pan. Saute, stirring occasionally, until the vegetables are soft, about 8-10 minutes. Stir in garlic and cook for 1 minute. If mixture is in a saute pan, transfer to slow cooker bowl.
3. Stir in remaining ingredients: cannellini beans, chopped tomatoes, rosemary, pepper, vegetable broth, and kale.
4. Cover slow cooker pot with lid and cook 4 hours on high or 8 hours on low.
5. Carefully remove 2 cups of the soup; let mixture cool slightly and transfer to a food processor to puree. Add puree back into the soup, stirring to combine. (Alternatively, use an immersion blender to blend some of the soup in the slow cooker but be very careful due to the heat.)
6. Before serving, stir in lemon juice into the soup. Garnish with parsley and serve.

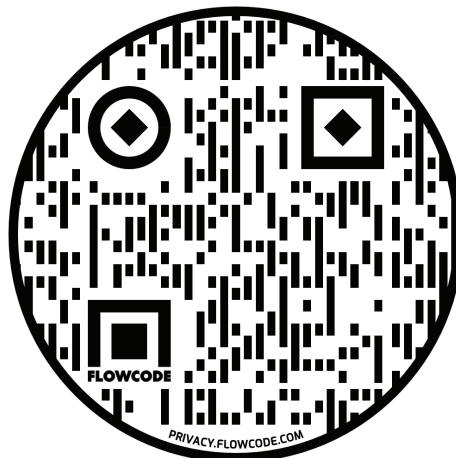


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Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 36g	13%
Dietary Fiber 10g	36%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) 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.	



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