



Kale and White Bean Soup

Yield: Makes: 4 servings

Serving Size: 2 cup

Ingredients

2 15 oz cans	Cannellini beans, drained and rinsed
2 cups	Kale, stems removed and torn into 1" pieces
1 small	Onion, roughly chopped
4 cups (1 box)	Chicken broth (or 4 bouillon cubes)
2 tbsp	Olive oil
2 cups	Water

Directions

1. Heat oil in a large pot on the stove over medium-high heat. Add onion and cook until soft, about 5 minutes
2. Mash one can of beans in a bowl. Add mashed beans, broth or bouillon cubes, and water to saucepan and bring to boil.
3. Stir in remaining beans and kale, reduce heat, partially cover, and simmer 20 minutes. Season with salt and pepper to taste and enjoy!

Optional additions and substitutions

1. Add in 1-2 cloves of minced garlic (after softening onion), or 1-2 tsp of an Italian seasoning blend at the end.
2. Top with croutons, green onions/scallions, parmesan cheese, or toasted bread
3. Kale can be substituted with any dark green, such as chard or mustard greens

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