

Bean Soup With Kale

allrecipes.com



Rated: ★★★★★

Submitted By: USA WEEKEND columnist Jean Carper

Photo By: Denise Kappa

Servings: 8

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

INGREDIENTS:

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

ALL RIGHTS RESERVED © 2009 Allrecipes.com

Printed from Allrecipes.com 8/10/2009

