Kale and White Bean Soup

Servings: 5 | Serving Size: 1 cup

Ingredients Needed:
- 6–8 kale leaves (about 3–4 cups), chopped
- 1 can (14.5 ounces) white beans, drained and rinsed
- 1 tablespoon oil, vegetable, canola, or olive
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 4 cups low sodium vegetable or chicken broth

Directions:

1. Wash and chop kale and onion into small pieces (no larger than ½ inch square.)

2. Drain and rinse white beans. Set aside.

3. Heat oil in a soup pot.
4. Add minced garlic and chopped onions, sauté until translucent.

5. Add kale to onions and sauté for 3–5 minutes, or until kale is bright green.

6. Add chicken broth and rinsed and drained white beans, and bring to a boil.

7. Simmer 10–15 minutes.

Variations:

● Make more hearty by adding leftover cooked chopped chicken, turkey, or sweet sausage.