



White Bean and Kale Soup

INGREDIENTS (Yield: 6 servings)

- 1 tablespoon canola oil
- 1 large onion
- 1 small rutabaga, peeled and diced OR 4 parsnips, washed and diced
- 4 cloves garlic, minced
- 1 – 15 ounce can white northern, cannellini or another white bean, rinsed and drained
- 1 quart chicken, beef or vegetable stock, plus 2 cups water
- ¼ teaspoon salt
- Black pepper to taste
- 1 teaspoon dried rosemary
- 1 bay leaf
- 8 ounces of kale, stems removed and chopped

NUTRITION INFORMATION: 230 Calories; 3 grams Fat; 0 grams Saturated Fat; Sodium will vary depending on broth; 45 grams Carbohydrates; 11 grams Fiber; 7 grams Protein

DIRECTIONS

1. In a large saucepan or stock pot, heat oil over medium heat and sauté onion until soft.
2. Add rutabaga or parsnips and garlic and sauté another 5 minutes.
3. Add beans, stock, water and seasonings and simmer for 15 minutes. Stir in chopped kale, cook another 10 minutes and serve.