

White Bean & Kale Soup

(Serves 6 entree portions)

Ingredients

1 bunch of kale, stems removed and chopped
1 medium onion, chopped
2 -3 medium carrots, cut into bite-size pieces
1 15 oz. can cannellini beans, rinsed and drained
1 32 oz. container organic vegetable broth
2 Tbsp olive oil
2 tsp smoked paprika
1 tsp. sea salt

Instructions

- Add onion and olive oil to a 6 qt soup pot - Sauté until soft
- Add carrots and 1 cup of vegetable broth, smoked paprika, and salt. Sauté mixture on low medium until broth reduces and carrots are soft
- Add kale on top of onion/carrot mixture
- Add white beans and the remainder of vegetable broth and stir
- Cover and simmer for at least 15 minutes or until kale has softened
- The flavors deepen the longer the soup simmers, up to 1 hour on low heat