

# *Kale & White Bean Soup*



## INGREDIENTS

- 1/4 evoo
- 1 medium yellow onion, chopped
- 1 medium carrot, chopped
- 2 celery ribs, chopped
- 2 garlic cloves, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tsp sea salt
- 1/2 tsp fresh thyme, chopped
- 1/2 tsp black pepper
- 4 c white beans, drained and rinsed
- 4 c vegetable broth\
- 6 c chopped kale
- 2 tbsp lemon juice

## INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat, Add onion, carrot, celery, garlic, rosemary, salt, thyme, pepper. Cook for 10 minutes, stirring occasionally until the veg is softened. Add the beans and broth. Simmer for 20 minutes.
2. Transfer half of the soup to a blender and blend until smooth. Stir the puree back into the pot and add the kale and lemon juice. Cook and stir, until the kale is wilted (around 5 minutes. If the soup is too thick for your liking add more veg broth until desired consistency is reached. Season to taste.
3. You can garnish the soup with croutons and chopped parsley if you would like.