



White Bean and Kale Soup



6 servings



30 Minutes

INGREDIENTS

- 2 Tablespoons Olive oil
- 2 cloves garlic, minced
- 1/2 yellow onion, minced
- 2 stalks celery, diced
- 1/2 cup carrot, diced
- 3 Tablespoons tomato paste
- 2 cans cannellini beans,
rinsed and drained
- 6 cups of low sodium
chicken stock or bone broth
- 1 Tablespoon italian spices
- 1/2 tsp chili flakes
- Squeeze of fresh lemon juice
- 4 cups fresh kale

DIRECTIONS

1. Heat oil at medium heat in a large pot. Add onion, garlic, carrot and celery and saute until soft, about 5 minutes.
2. Add broth, tomato paste, spices, beans and bring to a boil.
3. Simmer for 20 minutes and then add kale and lemon juice just before serving.
4. Top with parmesan cheese (optional)

This simple soup is perfect to keep you warm on a cool fall day. It is packed with antioxidants and fibre for disease prevention and overall good health



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