

White Bean & Lemon Kale Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Vegetable Broth
2 Carrot (chopped)
2 Leeks (white parts only, chopped fine)
2 Garlic (cloves, minced)
1/2 tsp Oregano
1 1/2 tsps Thyme (dried)
1 3/4 cups Cannellini Beans (drained, rinsed)
3 cups Water
4 cups Kale Leaves (stem removed, chopped)
3 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	159	Carbs	32g
Fat	1g	Protein	7g

DIRECTIONS

- 01 In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
- 02 Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
- 03 Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!