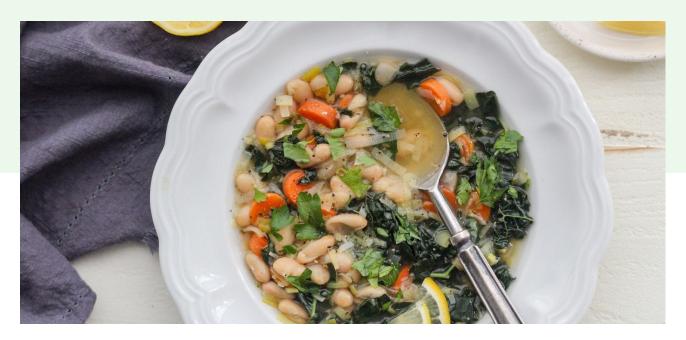
White Bean & Lemon Kale Soup

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

11/2 tsps Thyme (dried)

13/4 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.
- O2 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!

