

Two-Bean Soup with Kale

From – myrecipes.com

3 Tbsp olive oil
1 cup chopped onion
½ cup chopped carrot
½ cup chopped celery
½ tsp salt, divided
2 garlic cloves, minced
4 cups organic vegetable broth, divided
7 cups stemmed, chopped kale (about 1 bunch)
2 (15 oz) cans no-salt-added cannellini beans, drained, rinsed and divided
1 (15 oz) can no-salt-added black beans, drained and rinsed
½ tsp freshly ground black pepper
1 Tbsp red wine vinegar
1 tsp chopped fresh rosemary (optional)

- Heat a large Dutch oven over medium-high heat.
- Add olive oil to pan. Swirl to coat.
- Add onion, carrot and celery. Saute` 6 minutes or until tender.
- Stir in ¼ tsp salt and garlic. Cook 1 minute.
- Stir in 3 cups vegetable broth and kale. Bring to a boil. Cover, reduce heat and simmer 3 minutes or until kale is crisp-tender.
- Place half of cannellini beams and remaining 1 cup vegetable broth in a blender or food processor. Process until smooth.
- Add pureed beam mixture, remaining cannellini beans, black beans and pepper to soup. Bring to a boil. Reduce heat and simmer 5 minutes.
- Stir in remaining ¼ tsp salt, vinegar and rosemary (optional).



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