

Kale & White Bean Soup

Ingredients

- 6 cups low sodium vegetable broth
- 1 large sweet onion, diced
- 4 garlic cloves, minced
- 1 large potato, diced
- 5-6 cups raw kale, chopped
- 1 can low sodium cannellini beans, drained & rinsed
- 2 bay leaves
- ¼ cup nutritional yeast
- 1 tsp smoked paprika
- ½ tsp crushed red pepper
- ¼ tsp salt
- ½ tsp pepper

Instructions

1. Sauté onion & garlic with bay leaves and spices in ½ cup broth over medium heat.
2. Add potato, about remaining broth, and bring to a boil over high heat.
3. Lower to medium heat and simmer, covered, for 20 minutes.
4. Add beans & kale and cook for another 10 minutes.

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