

White Bean and Kale Soup



SERVES: 4



TOTAL TIME:
30 minutes



ESTIMATED COST:
\$4.50

Ingredients

- 2 cans white beans, drained and rinsed,
- 1 can diced tomatoes,
- 3 cups chopped kale (fresh or frozen),
- 4 cups low-sodium chicken or vegetable broth,
- 4 garlic cloves, minced,
- 1 small onion, diced,
- 1 tsp Italian seasoning,
- Salt, pepper, and olive oil



Instructions

- 1 Warm a drizzle of olive oil in a large pot over medium heat. Cook the onion until soft, about 5 minutes, then add the garlic and cook for one more minute.
- 2 Pour in the broth and tomatoes, then add the beans and Italian seasoning.
- 3 Simmer for 15 minutes.
- 4 Stir in the kale and cook until wilted, about 5 more minutes.
- 5 Season to taste.

