Kale and Cannellini Bean Soup

Source: Jasmol Sardana, DO

A delicious and nutritious soup you can get your family involved in preparing. It's quick to cook in an Instant Pot or to simmer on a stove. Enjoy!

About the Recipe

144 Calories · 9 g Protein · 6.4 g Fiber
Dinner

Note: A stick of celery is also called a rib of celery. A celery stalk is the whole bunch!

Ingredients

Makes 4 Servings

- 1 can (278 g) cannellini beans
- 1 large bunch kale, chopped
- 1 lemon, juiced
- 1 small onion, diced
- 2 cloves garlic, diced
- 1/2 cup carrots, diced
- 1 stalk celery, diced
- 4 c (950 mL) vegetable stock
- 1 tsp (5 mL) turmeric
- 1/4 tsp (1.2 mL) dried rosemary
- Iodized salt **optional*
- Ground black pepper **optional*

Directions

1. For an Instant Pot, turn on saute mode. Add 2 tbsp (30 mL) vegetable stock (or water) to either the Instant Pot or a soup pot on the stove. Once warm, add the onions and garlic and cook until slightly translucent.
2. While the onions are cooking, in a separate bowl, juice the lemon into the kale leaves and massage gently. Set aside.
3. Add the carrots and celery to the onions and cook until slightly soft.
4. Add in the rosemary, turmeric, and black pepper (if using) and cook until fragrant, about 2 minutes. Then, add the beans, massaged kale, and remaining 4 c (950 mL) of stock. Add salt, if using.
5. If using an Instant Pot, turn on the pressure cook mode and cook for 5 minutes. After making sure the steam has released, remove lid. If cooking on the stove, bring the soup to a boil and then turn the heat to low and allow to simmer for 20 minutes, adding more liquid if needed.
6. Taste and season as needed and serve with toast.

Nutrition Facts

Per serving:
Calories: 148 kcal
Fat: 1 g
    Saturated Fat: 0 g
    Calories From Fat: 6%
Cholesterol: 0 mg
Protein: 9 g
Carbohydrates: 20 g
Sugar: 4 g
Fiber: 7 g
Sodium: 380 mg
Calcium:150 mg
Iron: 3.8 mg
Vitamin C: 16 mg
Beta-Carotene: 2197 mcg
Vitamin E: 1.6 mg