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

Ingredients

Makes 4 Servings

• cannellini beans (1 can)
• kale (1 large bunch)
• lemon, juiced (1)
• small onion, diced (1)
• garlic, diced (2 cloves)
• carrots, diced (1/2 cup)
• celery, diced (1 stalk)
• vegetable stock (4 cups plus 2 tbsp. for cooking)
• turmeric (1 tsp.)
• dried rosemary (1/4 tsp.)
• salt and fresh ground black pepper (to taste)

Directions

1. For an instant pot, turn on sauté mode. Add 2 tablespoons of vegetable stock (or water) to either the instant pot or soup pot on the stove. Once warm, add the diced onions and garlic and cook until slightly translucent.
2. While the onions are cooking, in a separate bowl, juice the lemon into the kale
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; and cook until fragrant, about 2 minutes. Then, add the beans, massaged kale, and remaining 4 cups of stock. Add salt to taste.
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 then turn the heat to low and allow to simmer for 20 minutes.
6. Taste and season as needed; and serve with toast.

**Nutrition Facts**

- **Calories:** 144
- **Protein:** 9 g
- **Carbohydrate:** 27.5 g
- **Sugar:** 3.7 g
- **Total Fat:** .7 g
  - **Calories from Fat:** 4%
- **Fiber:** 6.4 g
- **Sodium:** 171 mg