

01/13/14 - White Bean and Kale Soup
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This January it is time to eat healthy, hardy, and delicious. Weight loss is on everyone's mind. Over indulgence in rich Prime rib, and other opulent dishes, rich desserts, caviar, smoked salmon, wonderful salty bits, cream, butter.....oh chocolate.....is over. Even if you are healthy minded it is hard to resist when family and friends are urging you to try this, oh come on, and let's celebrate.

In Southern California we haven't had much winter but it still gets quite chilly the moment the sun goes down, others have endured severe weather. This dish is easy to make, warm, comforting, works as a main or side dish, and you can whip it up with ingredients easy to have on hand in case you are snowed in. Just for added benefit, the soup is healthy, relatively low calorie and vegetarian.

For a very large pot of soup:

1 sixteen ounce package of dried Great Northern Beans or cannellini beans

2 tablespoons safflower oil

2 large yellow or white onions, diced small

2 large carrots, washed, peeled , diced small

2 celery ribs, washed, diced small

8 ounce package sliced mushrooms

1 teaspoon salt

1/2 teaspoon fresh ground pepper

3 garlic cloves

1 cup fresh parsley, washed, dried, and chopped

1 thirteen ounce can of diced tomatoes

1 sixteen ounce package of prewashed and cut baby kale salad

3 to 4 quarts of cold water

more salt and pepper to taste

To make Soup

1. Rinse dry beans under cold running water and check for any debris.
2. Heat a large stock pot on medium heat, add oil, then add diced onions.
3. Sauté onions until they are soft and becoming translucent, then, add carrots and celery. Sauté vegetables for a few more moments until carrots and celery are softened. Season with salt and pepper.
4. Add mushrooms. Stir and cook for 4 minutes. Add chopped parsley, and garlic cloves. Stir and cook for one minute.
5. Add drained beans and water.
6. Add chopped tomatoes.
7. Add kale.
8. Bring soup to a boil and let it cook for 3 hours on a low simmer with the lid on.
9. Check for taste and serve.



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Butternut Squash with Kooba

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