

Kale and White Bean Soup

This hearty soup will be sure to warm you right up!

Makes: 5 Servings

Prep Time: 15 Minutes

Cook Time: Approximately 30 Minutes

Source: FoodHero.org



Ingredients

- 1 cup onion, chopped (1 medium onion)
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 tablespoon oil, butter or margarine
- 2 cups broth (chicken or vegetable)
- 1 ½ cups cooked white beans (1 can - 15.5 ounces, drained and rinsed)
- 1 ¾ cups diced tomatoes (1 can - 14.5 ounces with juice)
- 1 tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	110
Total Fat:	3 g
Saturated Fat:	1.5 g
Cholesterol:	5 mg
Sodium:	550 mg
Total Carbohydrates:	18 g
Dietary Fiber:	2 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon
- Cutting board
- Knife
- Can opener



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: \$4.61

Average total cost without oil and seasonings per serving: \$0.92

Recipe Makes: 5 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Yellow onion



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
White Beans, 15.5oz can



Add 1 to Cart
Chicken or Vegetable Broth,
32 ounces



Add 1 to Cart
Kale, 1 bunch



Add 1 to Cart
Diced Tomatoes, 15.5 ounce can

SAVE TIME, SAVE MONEY

Chef's Notes

- To cut costs, use whatever greens are in season, on sale, or already in your refrigerator. You can even use thawed frozen kale.
- Save money and use seasonings you already have at home. Italian seasoning is typically a mixture of thyme, oregano, and/or basil.
- 1 bunch of fresh kale makes around 8 cups of chopped kale. What can you do with the leftovers? Make another soup, try a kale salad, or cook it into a stir fry.

My Cooking Notes



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