

White bean and Kale soup

Prep time: 10 min

Cook time: 35 min

4 serving

- 2 tablespoons your choice oil
- 1/2 cup yellow onion diced
- 2 cloves garlic minced
- 1 1/2 cups celery, diced,
- 2 medium sized potatoes,
- 1 case of 1 cup of washed, white mushrooms
- 1 1/2 cups carrots diced
- 5 cups vegetable or chicken broth
- 3 15-oz cans white beans, such as Great Northern beans or cannellini beans
- 2 cups kale stems removed, leaves chopped
- 1/4 cup parsley, chopped
- Sea salt
- Freshly ground black pepper
- half lemon juice
- 1 1/2 tsp of dried thyme, sage,
- 1 1/2 tsp of ginger
- 2 tsp of curry, turmeric
- Cup of Coconut milk, or almond milk
- try with Vegan mayo (you can just add it into your bowl)



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- Heat the olive oil over medium-low heat in a large pot. Add the onion and garlic and let it cook, stirring occasionally, until the onions are translucent, about 5 minutes.
- Stir in the celery, carrots, and potatoes; add 1 tsp dry thyme, sage, curry, ginger, turmeric, and sea salt to it; and add enough water or vegetable/chicken stock to barely cover the veggies. Put a lid on it, and cook it for another 3-5 minutes.
- Pour the left veggie or chicken stock and make sure it covers the veggies. You can add water as well.
- Add the leftover spices and bring it to a broil, and add the lemon and a bit more salt (taste it before). If you like a soup with a little kick to it, add some more ginger.
- Add mushrooms, beans, and kale last, and cook for another 10 min on high heat. (you can make this without any veggies listed above.)
- If you like it creamy, add your choice of milk while its boiling, and for the brave ones, try with vegan mayo (Earth Island brand is highly recommended)

Serve fresh or freeze the leftovers

Calories: 492kcal | Carbohydrates: 82g | Protein: 26g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 1287mg | Potassium: 1958mg | Fiber: 19g | Sugar: 7g | Vitamin A: 13885IU | Vitamin C: 46mg | Calcium: 377mg | Iron: 11mg