



Italian White Bean, Potato, and Kale Soup

Recipe from barefeetinthekitchen.com



Ingredients

- 1 tablespoon olive oil
- 1/2 cup minced onion
- 3 cloves garlic
- 4 small potatoes, diced (3 cups)
- 2 cans cannellini or white beans
- 2 tablespoons tomato paste
- 6 cups water
- 1 teaspoon salt
- 1 tablespoon Italian seasoning
- 1 small bunch of kale

Yield: 6 servings
Serving Size: 1 cup



Directions



1. In the bottom of a large pot, warm the oil over medium high heat.
2. Add the onions and garlic and sauté for 2-3 minutes, until soft.
3. Add the potatoes, beans and all the spices. Stir to combine.
4. Add the water, tomato paste and chicken base.
5. Bring to a boil and then simmer for about 20 minutes, until the potatoes are tender.
6. Remove from the heat.
7. Add kale to soup, and allow to wilt for 2 minutes. Serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- For a thicker soup, mash 1-2 cups of soup with a fork or blend in a blender.
- For added nutrition, add any veggies you have on hand!
- Stale bread make a great addition to a soup, as it will soften with liquid.

Estimated Price:

Yield: \$6.23

Serving Size (1 cup): \$1.04

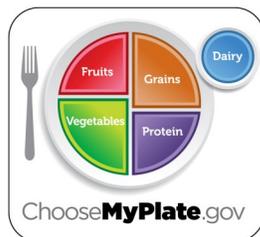
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