



Italian-Inspired White Bean, Potato and Kale Soup

Recipe modified from: foodbero.org



Ingredients



- 1 Tbsp. olive oil
- 1 small onion—diced
- 3 cloves garlic minced or 1 tsp. garlic powder
- 4 small potatoes, diced (3 cups)
- 3 cups cooked white beans (2 cans)
- 1 can diced tomatoes
- 6 cups broth (chicken or vegetable) or water
- 1 Tbsp. Italian seasoning
- 1 small bunch of kale—chopped
- Salt and pepper to taste



Directions



Yield: 8 servings **Serving Size:** 1 Cup

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 broth (or water) and diced tomatoes.
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

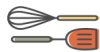





Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	30%
Total Carbohydrate 49g	18%
Dietary Fiber 11g	39%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 6.66mg	35%
Potassium 1410mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

Second Harvest is an equal opportunity provider.



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