



The Kitchen at Second Harvest White Bean, Potato and Kale Soup

try at home recipe

Recipe modified from foodhero.org

flip to learn more!



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 C 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

Yield: 8 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 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.

Find more recipes, free classes,
and ways to get involved!



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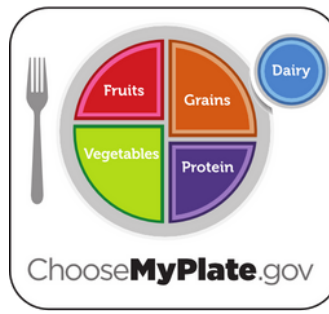


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.



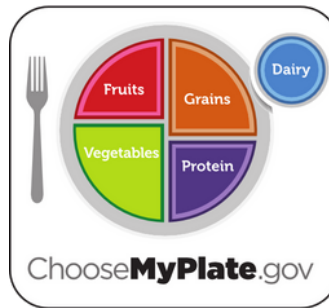
Nutrition Facts

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.	

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