

White Bean & Kale Cioppino

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Servings: 4

Serving Size: 1 large bowl

Ingredients:

1 tablespoon olive oil	½ teaspoon salt
3 cloves garlic, diced	½ teaspoon pepper
1 fennel bulb, white part only chopped	4 heaping cups kale, chopped
2 large shallots, diced	1 teaspoon fresh thyme or ½ teaspoon dried
4-5 cups organic vegetable broth	Fresh basil and/or parsley for garnish
2 tablespoons organic tomato paste	1 ounce parmesan cheese (optional)
1 (15-ounce) can white beans (great northern, cannellini)	
1 (15-ounce) can garbanzo beans or 1 ½ cups cooked lentils	

Directions:

1. Add olive oil to large Dutch oven or soup pot over medium-high heat.
2. Add the fennel and shallots and sauté for 5 more minutes.
3. Add the garlic and sauté for 1 minute.
4. Add the tomato paste, salt, pepper, thyme, beans and broth and turn heat up to high.
5. Bring to a just under a slow simmer, then turn the heat down to medium, add the kale and partially cover pot. If it looks like you need more liquid, add 1 more cup broth.
6. Stir and cook for 3 minutes.
7. Serve hot garnished with fresh chopped basil and parmesan (if using).

Tips and Tricks:

This Italian soup is bursting with flavors and packed with fiber and protein to keep you full. Serve with crusty bread and a side salad.

Nutritional Information Per Serving:

Calories: 317
Fat: 6.0 g
Cholesterol: 0.0 mg
Sodium: 529 mg
Total Carbohydrate: 55 g
Dietary Fiber: 16 g
Sugars: 5.2 g
Protein: 15.6 g