

Description



This White Bean and Kale Soup is hearty and delicious. It's vegan, gluten free and packed with nutrition and flavor. It's so easy to make in one pot and cooks in just 30 minutes. It makes a great meal with just a simple green salad and some crusty bread!

Ingredients:

- 2 T. The Olive Tap's [Rosemary Fused Olive Oil](#) (or your favorite [100% Extra Virgin Olive Oil](#))
- 1 large onion, diced
- 5 cloves garlic, minced
- 3 (15 oz) cans great northern beans or cannellini beans, drained and rinsed
- 4 C. chicken or vegetable broth
- 1/2 C. sun-dried tomatoes, chopped (not packed in oil)
- 1/2 t. Italian seasoning
- sea salt to taste
- 2 C. chopped Kale (or escarole)
- Fresh Parmesan cheese, optional

Directions:

1. Heat olive oil in a 5 quart pot over medium-low heat. Add onion; sauté for 3 minutes or until soft. Stir in garlic and continue cooking for an additional minute. Add beans, broth and tomatoes. Season with Italian seasoning and salt and simmer about 15 minutes. Add in the chopped kale and continue simmering until kale is wilted. If needed, adjust seasoning to taste.

Top each serving with Parmesan cheese and if desired, a little Rosemary or Extra Virgin Olive Oil drizzle
â€“[Olio Nuovo](#) is a great choice to drizzle over this soup.

Recipe adaptation by Rick

Date

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