

White Bean and Kale Soup

Chopped kale

Diced onions

Six cans, small white northern beans

Vegetable broth

Garlic

Small diced potatoes (boiled)

Olive oil

Salt and pepper and red pepper flakes.

* Boil kale in salted water

* Sauté onions and garlic

* Boiled potatoes till tender

* Rinse your beans, put half in the blender with vegetable broth and red pepper flakes. Use them modestly as they pack a punch. Blend to liquefy.

* Add all your ingredients to your pot and thin with additional vegetable broth to reach your desired consistency.

I am a big fan of Better Than Bouillon to make the broth. Their roasted vegetable bouillon is excellent for this kale soup and the roasted chicken bouillon is what I use for the chicken soup.