

## White Bean Kale Soup

### Ingredients:

- 3 T olive oil
- 1 onion, chopped
- 1-3 carrots, chopped
- 1-3 stalks of celery, chopped
- 1 (14 oz.) can diced tomatoes
- 4 garlic cloves
- 1-2 (15 oz) cans of cannellini or great northern beans
- 32 oz broth
- 10 oz frozen kale
- 1 t. thyme
- 1 t. parsley
- Salt & pepper

### Directions:

1. Heat oil & sauté onion, celery, and carrots 5-10 minutes.
2. Add chicken broth and beans and bring to a boil then reduce heat to medium.
3. Add kale, thyme, parsley, salt and pepper.
4. Cover and simmer 5-10 minutes.