

Tuscan Bean and Kale Soup

6 servings

- 1 pound dried cannellini beans
- 2 tablespoons extra virgin olive oil
- 1 large onion, minced
- 2 large garlic cloves, minced
- 1 tablespoon minced fresh sage
- 2 teaspoons minced fresh rosemary
- 7 cups chicken stock
- $\frac{1}{3}$ pound kale, ribs removed, coarsely chopped
- Salt and freshly ground black pepper

1. Soak beans overnight in water to cover generously; drain.
2. Heat 2 tablespoons oil in a large pot over moderate heat. Add onion and sauté until soft, about 5 minutes. Add garlic, sage and rosemary and sauté 1 minute. Add beans and stock. Bring to a simmer, cover and adjust heat to maintain a gentle simmer. Cook until beans are almost tender, about 1 hour, then add kale. Cover and continue cooking at a gentle simmer until beans and vegetables are tender, about 20 minutes more. Add a little water if soup gets too thick.
3. Remove pot from heat. With a wooded spoon, mash some of the beans against the side of the pot until soup is as thick as you like. Season to taste with salt and pepper.

CT: Reduce beans to 8 ounces and add 1 cup wild rice.

PT: Substitute kale with spinach.

Recipe Type	Calories	Total Fat (grams)	Carbs (grams)	Protein (grams)
Mixed	365	9	52	20
Carb	358	9	53	18
Protein	360	9	53	20