

# Kale and White Bean Soup

Adapted from: *Gourmet*, February 2002  
Category: Soup

Servings: 6  
Prep time: 3 hours

## Ingredients

1 lb dried white beans (cannellini)	1 Tablespoon grated parmesan cheese
2 onions, coarsely chopped	½ teaspoon black pepper
2 Tablespoons extra-virgin olive oil	1 bay leaf (not California)
4 garlic cloves, finely chopped	1 teaspoon finely chopped fresh rosemary
5 cups organic chicken broth	2 (8-oz) chicken breasts, cooked
2 quarts water	
8 carrots, halved lengthwise ( <i>cut crosswise into ½" pieces</i> )	
1 lb kale ( <i>preferably lacinato</i> ), stems and center ribs discarded and leaves coarsely chopped	

## Instructions

Cover beans with water by 2 inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in a colander and rinse.

Cook onions in olive oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 quart water, pepper, bay leaf, and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

While soup is simmering, bake chicken in 375° oven for 15-20 minutes or until white throughout.

Stir carrots into soup and simmer 5 minutes. Stir in kale, chicken, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with pepper and sprinkle with parmesan cheese.

## Nutritional Facts Per Serving

<i>Serving Size: 2 cups</i>
Sugar:Fiber = 1:1
Mono:Sat = 4:1
Calories: 280
Carbohydrates (g): 32
Fat (g): 7
Cholesterol (mg): 35
Protein (g): 25
Sodium (mg): 840

