

Kale and White Bean Soup

One Pot Recipe

Low Fat - Vegan

Ingredients

Servings: 5

Prep Time: 15 minutes

Cook Time: 30 minutes

- 1 **onion**, chopped
- 1 tsp **garlic powder**
- 1 tsp **oil**
- 2 cups **vegetable broth**
- 1 can **white beans**, 15.5 oz, rinsed and drained
- 1 can **diced tomatoes**, 14.5 oz with juice
- 1 tbsp **Italian seasoning**
- 3 cups **kale**, chopped (fresh or frozen)

Directions

1. In a saucepan over medium-high heat, sauté onion in oil until soft.
2. Add garlic powder, broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Recipe adapted from NY SNAP Ed