

INGREDIENTS

- 2 cups fresh kale (lacinato, curly, purple, it's all good), stems removed and leaves torn into small pieces
- 1/2 a white or yellow onion, diced
- 1-2 medium carrots, diced into small pieces
- 2 celery stalks, diced into small pieces
- 2 zucchinis, diced into small pieces
- 3 cloves of garlic, minced
- juice of 1 lemon
- 1 can crushed tomatoes (15 oz.)
- 2 cups cooked white beans, drained
- 5 cups vegetable or chicken broth
- 1 tsp. dried or 1 tbsp. fresh herbs of choice

This soup is super simple and can be made in less than 45 minutes, from start to finish! It's best served with a sprinkling of freshly grated parmesan and a rustic loaf of bread.

METHOD

1. drizzle some olive oil in a medium-sized stock pot and add onion, carrots, and celery
2. cook on medium heat until onions are translucent and veggies begin to soften
3. add diced zucchini to pot, season with salt and pepper, continue to cook until softened
4. add minced garlic along with herbs of choice (fresh parsley, dried basil, oregano or thyme are all good options), cook until aromatic, about 2-3 minutes
5. add canned tomatoes with juice
6. add beans, drained from any liquid
7. add broth of choice and give it a stir
8. let the soup come to a boil and then set to simmer for about 20 minutes
9. taste the broth and season with salt and pepper accordingly
1. add torn kale and stir until wilted
2. finish the soup with fresh squeezed lemon juice to taste (this gives a nice uplifting note)

Enjoy!

Soup serves 8.

SEEAG'S CROP OF
THE MONTH
RECIPE



kale &
white bean
soup