



NUTRITION EDUCATION TEAM RECIPE CARDS

KALE AND BEAN SOUP



SERVING
SIZE

5

INGREDIENTS



1 cup
chopped
onion



4 cloves
garlic, minced
or 1 teaspoon
garlic powder



1-2
Tablespoon
margarine
or butter



2 cups
low-sodium
broth
(any type)



1 can
(15 ounces)
white beans,
drained and
rinsed



1 $\frac{3}{4}$ cups diced
tomato or 1 can
(14.5 ounces)
diced tomatoes
with juice



1 Tablespoon
Italian
seasoning



3 cups
chopped
fresh kale or
1 cup frozen
chopped kale

EQUIPMENT:

- Large sauce pot with lid
- Cutting board
- Can opener
- Stirring spoon
- Kitchen knife

FUN FACT, NOTES, HEALTH BENEFITS:

- 1 bunch fresh kale (about 8 cups, chopped)
- Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans.



1 GATHER

Gather your ingredients



2 SAUTÉ

In a Saucepan over medium-high heat, sauté onion and garlic in margarine or butter until soft



3 SAUTÉ

Cook until soft, 3-5 minutes



4 ADD AND MIX INGREDIENTS

Add broth, white beans and to-matoes; stir to combine



5 BOIL

Bring to a boil



6 SIMMER

Reduce heat, cover, and simmer for about 5 minutes



7 ADD SEASONING

Add Italian seasoning



8 ADD KALE

Add kale



9 SIMMER

Simmer until kale has softened, 3-5 minutes



10 ENJOY!

Serve Warm