

Soups and Stews

Creamy White Bean and Kale Soup

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Serves: 5

Preparation Time:

Ingredients:

8 large garlic cloves, minced
1 medium onion, chopped
8 cups chopped kale
8 cups low sodium or no-salt-added vegetable broth, divided
4 1/2 cups cooked white beans or 3 (15 ounce) cans, no-salt-added or low sodium white beans, drained, divided
4 plum tomatoes, chopped
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 cup chopped parsley
black pepper, to taste

Instructions:

In a large pot, heat 2-3 tablespoons of vegetable broth and saute garlic and onion until soft. Add kale, 6 cups of the vegetable broth, 2 cups of the beans, tomatoes, herbs and pepper. Simmer for 5 minutes.

In a blender or food processor, blend the remaining broth and beans until smooth. Stir into the soup. Simmer for 30 minutes or until kale is very tender.

Per Serving:

CALORIES 343; PROTEIN 30g; CARBOHYDRATES 60g; TOTAL FAT 5.3g; SATURATED FAT 1.1g; SODIUM 205mg; FIBER 3.7g; BETA-CAROTENE 10428ug; VITAMIN C 191mg; CALCIUM 240mg; IRON 9.1mg; FOLATE 324ug; MAGNESIUM 338mg; ZINC 3.6mg; SELENIUM 3.3ug

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