

Recipe Name **Creamy White Bean Soup with Rosemary – serves 8**

Ingredients:

- 1 15-16oz. bag dried great northern, cannelloni or navy beans, soaked and cooked OR 4 cans, drained and rinsed
- 1 Tbsp. avocado oil
- 1 medium yellow onion, small dice
- 1 medium carrot, small dice
- 1 large stalk celery, small dice
- 3-4 cloves garlic, minced
- 6 cups chicken stock (or substitute vegetable stock)
- ¼ cup white wine
- 3 Tbs. fresh squeezed lemon juice + the zest from one lemon
- 2 Tsp. fresh rosemary, minced
- 1/4 tsp. white pepper
- Kosher salt to taste
- 4 cups Lacinato (dinosaur) kale, sliced into ribbons (one small bunch)

Directions

1. Heat the oil in a stock pot over medium high heat. Add the onions, carrots, and celery to the pot. Sprinkle lightly with kosher salt and stir. Sauté the vegetables until translucent and tender, about 5 minutes.
2. Add garlic, white pepper, and rosemary. Stir and cook until garlic becomes fragrant, about 30 seconds. Add beans, white wine, and chicken stock to pot, stir and bring to a boil.
3. Simmer for about 5 minutes and then turn off heat. Ladle soup into blender until blender is ½ full. Blend to puree and return to pot. Continue to do this until desired consistency. I usually blend about ½ of the soup.
4. Add the kale to the pot and return it to a boil. Once the kale is wilted and bright green, remove pot from the heat. Add lemon juice and lemon zest. Stir and taste. Adjust salt and pepper as needed.

See next page for nutrition and make ahead instructions.



RECIPE

*If preparing ahead of time, prepare through step 3 and refrigerate. It will thicken substantially in the refrigerator. Add ½ cup of stock or water, stir and reheat. Add more liquid as needed to achieve the desired consistency. Then proceed with step 4.

Nutrition Facts

Servings: 8

Amount per serving

Calories **214**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 1136mg **49%**

Total Carbohydrate 44.3g **16%**

Dietary Fiber 13g **47%**

Total Sugars 1.6g

Protein 15.8g

Vitamin D 0mcg **0%**

Calcium 223mg **17%**

Iron 6mg **34%**

Potassium 773mg **16%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**