

KALE, WHITE BEAN, & POTATO SOUP

Prep Time: 10– 15 mins

Cooking Time: 25-35 mins

Servings: 5-6



INGREDIENTS

- 1 quart carton chicken stock
- 2 medium yellow onions, sliced
- 3 garlic cloves, minced
- 3-4 medium potatoes, cubed
- 1 bunch kale, de-ribbed
- 1 quart water*
- 15oz can of white beans, drained and rinsed
- 2 tablespoons dried Italian seasoning*
- 1 tablespoon salt*
- 1/2 tablespoon black pepper*
- 1 tablespoon olive oil*
- 1/2-t tablespoon white wine vinegar (other vinegar)*
- Red pepper flakes to taste (optional)*

*ingredients that are not provided by the Good Food Bus

INSTRUCTIONS

1. **Prepare and Sauté Onion** : Peel yellow onions and dice. Heat up a soup pot on medium-high heat. Add olive oil, toss in onions, and let cook for 5-6 minutes, stirring often, until they're translucent and starting to brown.
2. **Cook Garlic and Deglaze Pot** : Peel cloves of garlic and mince. When the onions are done, toss in minced garlic. Cook garlic for 1-2 minutes, stirring continuously to prevent the garlic from burning. Pour in a couple of tablespoons of the chicken stock into the pot and stir around. (*Helpful Hint: Deglazing a pan after sautéing onions and garlic will help to remove anything that may be stuck to the bottom which will incorporate those flavors back into the soup and make cleaning up easier.*)
3. **Compose Soup** : Cut potatoes into cubes and add to pot. Drain can of white beans and add to pot along with the remainder of the carton of stock, 4 cups of water, the Italian herb mix, and salt and pepper. Turn the heat to high and cover with a lid.
4. **Bring to Boil then Simmer** : Once the contents of the pot come to a boil (5 minutes or so) remove the lid and reduce the heat to medium and let simmer for 20 minutes, uncovered.
5. **Clean Kale from Stems** : Remove kale from stems and break into bite-sized pieces. Set aside.
6. **Add Kale and Season Soup** : Once the soup has simmered for 20 minutes, make sure the potatoes are tender. Once they are, toss in the kale, a splash of vinegar, and red pepper flakes (optional), stir to incorporate, and cook for 5 more minutes. (*Helpful Hint : I prefer using white wine vinegar, but apple cider or regular white vinegar would work fine - you're really just looking to add some acidity to the soup.*)
7. **Adjust Seasoning** : Add more salt, pepper, or vinegar to taste if needed.

- > Freezing soups are a great way to save some for later and have an easy meal on hand.
- > Dried Italian herb mixes are flavorful and useful for lots of different dishes, but fresh herbs will always be better than dried. If some fresh rosemary and thyme are on hand, feel free to use that instead!
- > I found that the soup needed more salt and vinegar once it was finished cooking, but it varies based on personal preference

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