

White Bean, Kale and Tomato Soup

Just home from shopping at the local co-op, I needed a comforting soup that would come together quickly. This tomato-based beauty worked like a charm. The ingredients are all pantry staples, and a package of frozen spinach could easily sub in for the kale.

Ingredients

- Olive oil
- 2 large shallots peeled and finely chopped
- 1 large carrot, chopped
- 1 large Yukon gold potato, diced
- Pinch of red pepper flakes
- Splash of Maple Syrup
- 2 TBL of tomato paste
- 1 Tsp Oregano
- Bay leaf
- Finely chopped fresh parsley
- Fresh thyme sprigs (remove before serving) 1 Tsp dried thyme
- 2 veggie bouillon cubes
- 2 28-ounce cans of crushed tomatoes, refilling the cans with water
- 1 bunch of Kale, stemmed and chiffonade or package of frozen chopped spinach
- 2 cans of white beans, drained and rinsed
- Salt and ground pepper to taste
- Plant-based Parmesan (optional)

Directions

Heat a large dutch oven of medium heat, adding oil. When warmed, add shallots and carrots, watching closely not to

burn. As they soften, add diced potato and a pinch of red pepper flakes. Add just enough water to cover and cook until the potato is tender.

Use an immersion or high-speed blender to blend until smooth along with the tomato paste and one can of tomatoes. Return mixture to dutch oven, add herbs, remaining crushed tomatoes and water, white bean, vegetable bouillon cubes, and salt and pepper to taste.

Cover, reduce heat to low, and allow to simmer for at least 20 minutes. In the meantime, prepare kale or thaw and drain spinach.

Remove the lid, and add beans, kale, and more water if needed. Cover again and allow to simmer on low until kale is tender.

Adjust seasoning and serve topped with vegan parmesan if desired.

Enjoy!