

Seitan, Kale & White Bean Soup



COURSE

Lunch, Sides, Soup



SERVINGS

7 serving

CALORIES

453 kcal

INGREDIENTS

- ¼ c olive oil
- 1 large yellow onion diced small
- 4 ribs celery diced small
- 2 medium carrots diced small
- 2 teaspoons fine sea salt divided
- 8 cloves garlic minced
- 2 Tbsp tomato paste
- 7 c good vegetable broth
- 2 pounds Yukon Gold potatoes peeled and diced
- 12 oz seitan finely chopped; for gluten-free, use tofu instead
- 2 bunches curly kale stemmed and torn into bite-sized pieces
- 2-15 ounce cans white beans rinsed and drained
- 2 Tbsp balsamic vinegar
- ¼ c minced parsley

INSTRUCTIONS

1. Heat olive oil over medium-high heat in a heavy pot with a lid.
2. Add onion, celery, carrot and one teaspoon of salt and cook, stirring occasionally until lightly browned and somewhat tender, 5-10 minutes.

3. Add garlic, tomato paste and cook, stirring, for a minute or two.
4. Pour in broth, raise heat to high, and bring to a boil.
5. Add diced potatoes, seitan and remaining teaspoon salt. Cover and reduce heat to simmer.
6. Cook until potatoes are almost tender, 15 minutes or so depending on the size of your dice.
7. Add kale and beans and cook a further 10 minutes, until kale is tender and potatoes are just shy of falling apart.
8. Turn off the heat, stir in vinegar, parsley, and pepper.
9. Divide into 7 portions

NUTRITION

Nutrition Facts

Seitan, Kale & White Bean Soup

Amount Per Serving (1 serving)

Calories 453 Calories from Fat 81

% Daily Value*

Fat 9g **14%**

Carbohydrates 54g **18%**

Protein 24g **48%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!