|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Step** |
| Kale and White Bean Soup | 1 cup  **onion**, chopped (1 medium onion)  4 cloves  **garlic**, minced or 1 teaspoon **garlic powder**  1 Tablespoon  **butter** or **margarine**  2 cups  **broth** (chicken or vegetable)  1 1⁄2 cups  cooked **white beans** (1 can - 15.5 ounces, drained and rinsed)  1 3⁄4 cups  diced **tomatoes** (1 can - 14.5 ounces with juice)  1 Tablespoon  **italian seasoning**  3 cups  **kale**, chopped (fresh or frozen) | 1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft. 2. Add broth, white beans, and tomatoes; stir to combine. 3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes. 4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm. 5. Refrigerate leftovers within 2 hour. |