



Carrot, Wakame, and Kale Stew

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This winter stew is a great way to sneak sea vegetables into a recipe; the wakame gets mixed up in the kale, so picky eaters won't even know it's there. After soaking the wakame, taste a small piece; if it seems too salty, repeat the soaking process a second time.



Ingredient List

Serves 6

- 1/4 cup wakame
- 1 Tbs. olive oil
- 1 small yellow onion, diced (1/2 cup)
- 2 small carrots, diced (1/2 cup)
- 1 celery rib, diced (1/4 cup)
- 1 15-oz. can cannellini beans, rinsed and drained
- 1 1/2 cups frozen baby lima beans, thawed
- 6 cups low-sodium vegetable broth
- 1 bunch kale (12 oz.), trimmed and chopped (6 cups)
- 1/4 tsp. dried oregano
- 1/8–1/4 tsp. ground nutmeg
- 1/8 tsp. cayenne pepper

Directions

1. Place wakame in small bowl, cover with cold water, and soak 15 minutes, or until soft. Drain, squeeze out liquid, and set aside.
2. Heat oil in saucepan over medium heat. Add onion, carrots, and celery, and sauté 3 to 5 minutes, or until tender. Add cannellini beans, lima beans, and broth. Bring to a boil, reduce heat to medium-low, and simmer, covered, 10 minutes.
3. Transfer half of soup to food processor, and purée until smooth. Stir mixture into remaining soup in pot, and add kale. Cook 5 minutes more, or until kale is tender. Stir in oregano, nutmeg, cayenne, and drained wakame.

Nutritional Information

Per 1-cup serving: Calories: 177, Protein: 8g, Total fat: 3g, Saturated fat: <1g, Carbs: 30g, Cholesterol: mg, Sodium: 452mg, Fiber: 9g, Sugars: 5g