



White Bean Soup and Winter Greens



Ingredients (Serves 6)

- 4 tablespoons olive oil
- 1 large yellow onion, chopped
- 2 large carrots or equivalent small funny shaped ones, chopped
- 6 cloves garlic, minced
- 2 bay leaves
- 3 tablespoons freshly chopped parsley
- 4 cups chicken stock or broth (Note: To reduce the sodium content use low sodium chicken stock)
- 1 15 ounce can of organic cannellini beans
- 3/4 pound mixed winter greens
- Salt and freshly ground pepper

Directions

1. In a large soup pot, heat the olive oil and sauté the onions, carrots, garlic and bay leaves until the vegetables begin to soften, about 10 minutes.
2. Add the chicken stock and 2 cups of water. Bring to a boil, then simmer gently for 30 to 45 minutes.
3. If you start with dried beans, the soup may need to be simmered for 1-1/2 hours.
4. Remove the bay leaves. Stir in the chopped parsley.
5. Purée some or all of the soup using a regular or handheld blender. Leave some recognizable vegetable pieces.
6. Bring a large pot of water to a boil. Add some salt.
7. Chop the tough stems off the greens. Roll up a few leaves at a time and slice crosswise into 1/4" strips. Rinse and drain the greens. Add them to the boiling water for a few minutes. Drain then stir into the soup.
8. Simmer another 5 minutes, adjust seasoning and serve.