

White Bean Soup with Kale (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

This soup is adapted from a recipe by Rachel Reid, who has been cooking with natural foods for the past twenty years. Cholesterol-fighting beans team up with nutrient-dense kale for a deliciously warming autumn or winter soup. Leftovers make great eating with a thick slice of whole grain bread.

Serves 6

1 Tbsp canola oil
2 onions, peeled and chopped
2 cloves garlic, minced
1 Tbsp curry powder
½ tsp cumin
4 cups cooked white beans
1 tsp dried sweet marjoram or basil
3 cups butternut squash, peeled, seeded, and cut into ¾ inch chunks
2-3 cups shredded kale, leaves only
6 cups bean cooking liquid, vegetable stock, or water
sea salt to taste
freshly squeezed lemon juice

Heat the oil in a large soup pot over medium heat. Add onions and sauté over medium heat for about 10 minutes, or until softened and translucent. Add garlic, curry, and cumin and sauté for an additional 2 minutes.

Add the cooked beans, marjoram or basil, squash, kale, bean cooking liquid (and stock, if necessary, to equal 6 cups). Bring to a boil, reduce heat, add salt, and cook for 20 minutes, until squash is tender.

Taste and adjust seasoning. Add lemon juice to taste before serving.