

Collard Greens and White Bean Soup

Serves: 4-6

Prep: 20 - 30 min



Ingredients

1 large bunch young collard greens or 2 small ones, leaves stripped from the hard stems and washed
1-2 tablespoons olive oil
1 sprig fresh rosemary, leaves stripped and chopped (see note below)
1 medium onion, finely diced
1 large carrot, cut into a small dice
1 medium Yukon Gold potato or other waxy potato, cut into a small dice
1 clove garlic, chopped
2 cups cooked baby lima or other white beans (cannellini or Great Northern), plus their broth or 2 (14-ounce) cans, drained and rinsed well, plus ½ cup fresh water
2¼ quarts (9 cups) low-sodium vegetable or chicken stock

Steps to delicious homemade soup...

1. Cut the leaves away from the stems and into bite-sized pieces. Set aside.
2. In a large Dutch oven, heat the oil over a medium-high flame. Add the rosemary. Let it sizzle for a moment, then add the onion, carrot and potato. Mix well.
3. Turn the heat down to medium-low. Cover and cook the vegetables for 8-10 minutes or until they are soft and the onion is slightly golden. Stir every so often to prevent sticking or burning.
4. Turn the heat up to medium high. Add the chopped garlic. Stir and cook for another 2 minutes until garlic is fragrant, but not brown. Add the collard greens and stir-fry until they start to wilt and soften.
5. Add the stock and beans, plus their liquid if home-cooked. The beans and vegetables should be well covered with liquid. Add a little extra water if needed. Bring the soup to a boil. Partially cover and turn the heat down to low. Simmer, stirring from time to time, for 20-25 minutes or until the greens are very tender.
6. Adjust seasoning, then cook 5 minutes more. Cook 1 minute, then turn off the heat. Let the soup sit, covered, for 5 minutes.

Note: I estimate that my sprig of rosemary was approximately 2 teaspoons. If you do not have fresh rosemary, you can substitute dried rosemary. Since it is a very intense herb, start with 1/2 teaspoon during step #2. Adjust for your taste.

Adapted from www.cookforlife.org