

# Potato Soup with Beans and Kale

## Ingredients:

2 teaspoons olive oil	1/4 teaspoon black pepper
1 medium onion, chopped	2 tablespoons tomato paste
1 large celery stalk, diced	1 1/2 pounds baby potatoes cut into 1/2 inch pieces
1 medium carrot, diced	7 cups low sodium vegetable broth
3 cloves garlic, minced	1 (14 ounces) can great northern beans, rinsed and drained
3/4 teaspoon dried rosemary	4 cups chopped kale
3/4 teaspoon dried thyme	1/2 teaspoon salt
1/2 teaspoon crushed red pepper	

## Directions:

1. Heat the oil in a large saucepan or Dutch oven, over medium heat. Add onion, celery, and carrot and cook until the vegetables begin to soften, about 5 minutes.
2. Stir in the garlic, rosemary, thyme, red pepper flakes, and pepper and cook for about 1 minute.
3. Stir in the tomato paste and cook for 1 minute.
4. Add the potatoes and vegetable broth and bring to a boil over medium-high heat. Decrease heat slightly and cook at a lively simmer for 15 minutes.
5. Add the beans and cook until the potatoes are tender, 10-15 minutes.
6. Stir in kale and cook until just wilted, about 1 minute. Season with a pinch of salt. Serve.

## Nutrition Facts

Serving Size 1 1/2 cups (526g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 8g	
<b>Protein</b> 5g	

Vitamin A 45% • Vitamin C 70%

Calcium 10% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

**Benteh Nuutah**

**Valley Native Primary Care Center**

**Wellness Center**

(907) 631-7630

southcentralfoundation.com

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