

Mediterranean Bean Soup

Adapted from meals.bluezones.com

Serves 2

Ingredients

2 Tbsp. olive oil, extra virgin
2 cloves fresh garlic, peeled, chopped or minced
1 medium onion, peeled, chopped
1 15 oz can, diced tomatoes or 2 cups fresh tomatoes, chopped
1 cup broth or water
1 Tbsp. fresh oregano or thyme or 1 tsp. ea. dried or 2 tsp dried Italian seasoning
1, 15 oz. can white Cannellini beans (or other beans), rinsed, drained
4 cups kale, destemmed or baby kale, chopped
Pinch of and 1/4 tsp. sea salt and 1/4 tsp black pepper or to taste
Balsamic vinegar to taste
Option: 1 cup pasta

Instructions

1. Heat olive oil in a medium pot over medium heat.
2. Add the onions and garlic and a pinch of salt.
3. Sauté until softened, about 5 minutes.
3. Add the tomatoes, water or broth, seasonings, beans, kale.
4. Mix and bring to a boil.
5. Cover. Reduce heat. Simmer about 15-20 minutes.
6. Adjust seasonings.
7. Serve.
8. Optional: Add a drizzle of balsamic vinegar.

Option: add 1 cup pasta with the sauce, beans, kale, spices-heat until done.

A Mediterranean favorite, this quickie white bean soup with kale is satisfying and health promoting. The beans provide protein and fiber-a favorite food for the gut bacteria that strengthens the immune system. The kale belongs to that famous crucifer family of veggies, high in assorted vitamins, minerals and cancer fighting glucosinolates.