

## Kale and White Bean Soup



### Ingredients:

- 2 tablespoons butter
- 2 small onions, chopped
- 4 cups and 2 tablespoons chicken or vegetable broth
- 2 small tomatoes, chopped
- 6 cups loosely packed chopped kale
- 2 cups canned white beans, rinsed and drained

### Instructions:

1. Melt butter in a pot over medium-high heat. Saute' onion in hot butter until tender, 5 to 10 minutes. Stir broth and tomatoes into onion mixture.
2. Heat broth mixture to near-boiling and stir kale into liquid until completely submerged. Cook until kale wilts, 3 to 5 minutes.
3. Stir beans into soup and cook until heated through, another 2 to 3 minutes.

Makes 4 servings

Adapted from Allrecipes.com



**Tarrant County Public Health**  
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