



# FORKS OVER KNIVES

## White Bean and Vegetable Soup | by Heather McDougall

Serves 4-6



4 cups vegetable broth  
2 cups water  
1 onion, chopped  
1 carrot, sliced  
2-15 ounce cans white cannellini or navy beans,  
rinsed and drained  
1 can fire roasted red tomatoes  
2 cups kale, de-stemmed and chopped  
1 cup whole wheat small elbow macaroni, uncooked  
juice of one lemon  
salt and pepper to taste

### **Instructions:**

Add ¼ cup broth and saute onion and carrot on medium-high heat until soft, about 5 minutes. Add remaining broth and water to large saucepan. Add beans and tomatoes. Simmer for about 20 minutes. With a bean masher or a hand held blender push through the soup to create a thicker consistency, about 10 mashes or blends. Add pasta, cook for 2 minutes. Add the kale and cook for about 5 minutes more. Remove from heat and add lemon juice and salt and pepper to taste.