



Serves 4-6

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

1 bay leaf

1 cup celery, diced

1 onion, diced

2 carrots, diced

2 cups cooked navy beans

Low-sodium vegetable broth

½ teaspoon salt, or to taste

1 teaspoon oregano

1 tablespoon sweet white miso,
diluted in ¼ cup water

2 cups chopped kale

Navy Bean Soup

Navy beans, like all dried beans, are a healthy component of a whole-food, plant-based diet. You can make this dish more brothy or creamy, depending upon your preference.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Christine Waltermeyer

- 1** In a large soup pot, layer the bay leaf, celery, onion and carrots. Add the beans on top. Cover with the vegetable broth and bring to a boil.
- 2** Cover the pot and reduce the heat to simmer on low for 30 minutes or until the vegetables are tender.
- 3** Add the salt, oregano, miso and kale. Simmer for 10 minutes. Adjust seasonings to taste. *Optional: Before adding the kale, puree half of the soup in a blender for a thicker consistency.