



Serves 4-6

Preparation Time: 20 minutes

Cook Time: 10 minutes

INGREDIENTS:

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

White Bean and Vegetable Soup

This is another great meal because if I don't have one ingredient, I know there's an easy substitute in my fridge. This soup has changed over the years. Below is my current version. I serve this with warm bread and a simple salad or sautéed broccolini with a squeeze of lemon and a sprinkle of sea salt.

From drmcDougall.com

By Heather McDougall

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