



**Makes 7 cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 10 minutes**

**INGREDIENTS:**

1½ lb. russet potatoes, cut into 1-inch pieces  
1 onion, finely chopped (1 cup)  
1 cup chopped fresh mushrooms  
6 cloves garlic, minced  
1 teaspoon dried oregano leaves  
4 cups vegetable stock  
1 bay leaf  
3 cups finely chopped kale, stems removed  
1 15-oz. can cannellini or other white beans, rinsed and drained (1½ cups)  
Sea salt and freshly ground black pepper, to taste

# Vegan Minestrone Soup with Potatoes and Kale

Sautéed onion, mushrooms, and garlic infuse the broth of this vegan minestrone with rich, savory flavor, while fork-tender potatoes, kale, and white beans add a satisfying mix of textures.

By Darshana Thacker Wendel

- 1 Heat a medium saucepan over medium. Add the first five ingredients (through oregano). Cook 10 minutes or until onion and mushrooms are tender, stirring occasionally.
- 2 Add vegetable stock and bay leaf. Bring to boiling; reduce heat. Simmer 10 minutes or until potatoes are fork-tender. Stir in kale and beans; cook until kale has wilted. Remove bay leaf. Season with salt and pepper.