



Cannellini Bean, Kale, and Orzo Soup

The homemade vegetable broth gives this vegan cannellini bean soup a beautiful golden color and fresh taste. The cannellini beans—smooth and slightly nutty—add a full-bodied flavor.

By Carla Christian, RD, LD

Makes 10 cups
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 medium onion, chopped (1 cup)
2 stalks of celery, chopped (1 cup)
2 carrots, chopped (1 cup)
5 sprigs fresh parsley
2 sprigs fresh thyme
2 bay leaves
3 cloves garlic, minced
½ teaspoon sea salt, plus more for seasoning
1 cup whole wheat orzo pasta
1 15-oz. can no-salt-added cannellini (white kidney) beans, rinsed and drained
1 cup stemmed and chopped kale
1 teaspoon finely snipped fresh oregano
1 lemon
Freshly ground black pepper, to taste

- 1 In a 5- to 6-qt. Dutch oven combine the first eight ingredients (through the ½ tsp. salt) and 8 cups water. Bring to boiling; reduce heat. Simmer, covered, 20 minutes.
- 2 Stir in orzo. Simmer, covered, 10 minutes more, stirring occasionally. Remove and discard parsley and thyme sprigs and bay leaves. Stir in beans, kale, and oregano. Return to boiling; reduce heat. Simmer, covered, 5 minutes more.
- 3 Meanwhile, remove ½ teaspoon zest and squeeze 2 tablespoons juice from lemon. Before serving, stir lemon juice into soup. Season with the remaining salt and the pepper to taste. Top servings with lemon zest.