



St. Charles Hospital
Catholic Health Services
At the heart of health

Tuscan Kale and White Bean Soup

Ingredients

Yield 8-10 portions

2 cups	Onions, diced ½”
1 cup	Celery, diced ½”
1 cup	Carrots, diced ½”
1 tbl	Garlic, minced
1 lb	Tuscan Kale, shredded
1 lb	Red potatoes, diced ½”
2 tbl	Olive oil
6 cups	Vegetable broth
1 can, 15oz	White kidney beans
1 can, 15oz	Tomato, diced
½ cup	Basil, fresh chopped

Method

- Heat soup pot and add olive oil, carrots, celery, onions, and garlic and cook over medium flame until just tender
- Add kale and continue to simmer until kale is just tender
- Add broth, beans, tomatoes, potatoes and bring to a simmer, continue to simmer until potatoes are just tender
- Add fresh basil and continue to cook for 5 minutes more
- Serve with fresh grated parmesan cheese

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St. Charles Hospital**

