

# HEARTY WHITE BEAN VEGETABLE SOUP

This hearty, healthy soup is comforting on a chilly night.

By Lindsey Johnson

## MAKES 6 SERVINGS

### INGREDIENTS:

- **1 medium onion**, *diced*
- **2 medium carrots**, *diced*
- **1 large leek**, *sliced into 1/2" rings, washed well to remove sand and drained in a colander*
- **2 cloves garlic**, *chopped*
- **3 tbsp. tomato paste**
- **1 1/2 cups white beans**, *cooked and rinsed (1 - 15 oz. can or homemade from dry beans)*
- **1 - 28 oz. can diced tomatoes**
- **6-8 cups vegetable or chicken broth or water**
- **2 springs fresh thyme**
- **2 cups butternut squash**, *diced*
- **4-5 kale leaves**, *ribs removed, roughly chopped*
- **Salt & freshly ground black pepper to taste**



### DIRECTIONS:

1. Heat a large soup pot on medium heat. Add the onion and cook, stirring often, until the onion starts to stick and brown on the edges. Add 1 Tablespoon of water or vegetable broth as needed to prevent sticking until onions start to soften. Add the carrots, celery, and leeks. Continue cooking, stirring often, for about 5 minutes. Add the garlic and cook for another 30 seconds, being careful not to let it burn.
2. Next add the tomato paste and stir well. Let cook for 30 seconds then add beans, diced tomatoes, broth, thyme, and butternut squash. Add salt and fresh ground black pepper, to taste. (It might not need much salt if the broth is salted.) Bring to a simmer and let cook for about 15-20 minutes, or until the squash is tender.
3. Add the chopped kale and let cook for another 5-10 minutes. Taste and add more salt and pepper, if needed.