

White Bean and Kale Soup



Makes 10 - 2 Cup Servings :

10 cup chopped kale

4 cups diced tomatoes with juice

2 cans cannellini beans

4 cups water

8 cloves garlic, minced

2 large onions

¼ tsp cayenne pepper

2 tsp paprika

3 tbs olive oil

Salt and Pepper, to taste

Optional Additions:

Shredded Parmesan Cheese

Bread and Butter

Price at Co-op

\$6.30

\$8.00

\$3.70*

\$.63 (whole bulb)

\$3.22

\$.04

\$.11

\$.58

\$22.58 (2.25/serving)

\$3.00

\$2.10

with Double SNAP

-\$3.15

-\$4.00

*WIC item

-\$.32

-\$1.61

\$13.5 (1.35)

Directions:

Remove the stems from kale and chop.

Peel onions and garlic. Chop onions. Mince garlic.

Heat oil in large heavy pot over medium heat. Add paprika and cayenne and cook, stirring, for about 2 minutes.

Add onions and garlic and cook until soft.

Add water, tomatoes and kale, stirring until kale begins to soften enough that it can be submerged in the cooking liquid.

Cover, reduce heat and simmer for 15 minutes.

Add beans and simmer until heated through.

Add salt and pepper to taste.

Top with a sprinkle of Parmesan cheese and serve with bread and butter.

