

Big Sky Family Cooking Night - **October** Montana Harvest of the Month: **Kale**

Italian White Bean Soup - serves 4 to 6



Ingredients:

3 Tablespoons	Olive oil
1	Onion, peeled and chopped
2	Carrots, Peeled and chopped
2 ribs	Celery, chopped
2 cloves	Garlic, peeled and chopped
1 - 14 oz can	Chopped, tomatoes with juice
6 cups	Vegetable broth (or 4 cups broth + 2 cups water)
1 teaspoons	Italian seasoning
2 strips	Zest from a lemon
1 - 14 oz can	Cannellini or other white beans, drained
5 leaves	Kale, stemmed and chopped
to taste	Salt
to taste	Freshly ground black pepper
to taste	Freshly squeezed lemon juice (from the lemon you zested)

Methods:

Heat the olive oil over medium heat in a large soup pot or Dutch Oven, add the onion, carrot, celery, garlic and a pinch of salt. Cook stirring often until vegetable begin to soften, 6-8 minutes.

Add the tomatoes, vegetable broth, Italian seasoning and lemon zest. Increase heat to bring to a boil, then lower to a simmer (gentle bubbles) and cover for 5 minutes.

Add the white beans, kale and a few grinds of black pepper. Cover and simmer 10 more minutes.

Add the squeezed the lemon juice and taste soup for seasoning. Season with additional salt and pepper to taste.