

Slow Cooker Kale Tomato and White Bean Soup



Ingredients

- 2 cups peeled and sliced carrots
- 2 large celery stalks, sliced
- 1 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 2 teaspoons canola oil
- 1 can (15.5 oz) low-sodium cannellini beans
- 1 (14.5 oz) can, no-salt-added diced tomatoes
- 1 teaspoon dried rosemary
- 1/4 teaspoon pepper
- 2 1/2 cups low-sodium vegetable broth
- 1 (10 oz) package frozen kale
- 2 teaspoons lemon juice, to serve
- 1/2 cup fresh parsley (optional)



Directions

1. In a 3-quart (or larger) slow cooker with sauté abilities or in a large sauté pan over medium-high heat, warm oil. Add carrots, celery, and onion to the pan. Sauté, stirring occasionally, until the vegetables are soft, about 8 to 10 minutes. Stir in garlic and cook for 1 minute. If mixture is in a sauté pan, transfer to the slow cooker bowl.
2. Stir in the remaining ingredients: cannellini beans, chopped tomatoes, rosemary, pepper, vegetable broth, and kale.
3. Cover slow cooker pot with lid and cook 4 hours on high or 8 hours on low.
4. Carefully remove 2 cups of the soup; let mixture cool slightly and transfer to a food processor to puree. Add puree back into the soup, stirring to combine. (Alternatively, use an immersion blender to blend some of the soup in the slow cooker but be very careful due to the heat. Before serving, stir lemon juice into the soup. Garnish with parsley (optional) and serve.

Nutrition Facts: Serving Size: 1 cup; Calories: 100; Total Fat: 2g; Saturated Fat: 0g; Sodium: 130mg;

Total Carbohydrate: 17g; Dietary Fiber: 5g; Added Sugars: 0g; Protein 4g; Vitamin D: 0mcg; Calcium: 106mg; Iron: 2mg; Potassium: 356mg