

White Bean and Kale Minestrone

This recipe was inspired from a recipe in one of my favorite cookbooks, Sundays at Moosewood Restaurant by The Moosewood Collective (Fireside, 1990). The kale adds energy-boosting vitamins and minerals, while the beans provide a simple protein base.

Prep time: 30 minutes

Makes 3 to 4 servings


- 5 to 6 leaves of kale
- 1 tablespoon extra-virgin olive oil
- 2 large cloves of garlic
- 3 cups cooked white beans, divided
- 2½ cups vegetable or chicken stock, divided
- 1 tablespoon tomato paste
- 4 fresh sage leaves
- 1 teaspoon sea salt
- Freshly ground pepper
- 1 tablespoon freshly lemon juice
- Freshly grated pecorino cheese

Wash kale and remove the stems from the leaves. Roll up kale leaves and cut into thin ribbons. Set aside.

In a 4-quart pot, heat oil and sauté the garlic briefly over medium heat. Add about half of the cooked beans and half of the stock.

Purée the rest of the beans and stock in a blender along with the tomato paste and sage. Stir the puréed beans into the soup. Add salt and pepper to taste.

Mix the kale into the soup and simmer until it has wilted (about 10 minutes). Add the lemon juice and enough water to make the soup a desirable thick consistency. Taste and adjust seasonings. Serve the soup topped with pecorino cheese.

 **For babies 10 months and older:** This soup makes lovely baby food for the baby used to eating beans. Just purée a small amount before adding lemon juice and cheese.