

# Vegan White Bean & Lemon Kale Soup

13 ingredients · 30 minutes · 4 servings



## Directions

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1. In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
2. Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
3. Season with salt and pepper. Add 1/4 cup of rice to the bottom of the bowl before adding soup. (This way the rice doesn't get over cooked and gross) Ladle into bowls and top with parsley. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving size is equal to about 2 cups.

### Additional Toppings

Top with chili flakes and/or shredded parmesan.

### More veg

Add in any vegetables you think would be yummy. Be creative!

### More Protein

Add some left over protein to bowl with rice when serving, chicken or turkey would be delicious!

## Ingredients

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- 3 cups** Organic Vegetable Broth
- 2** Carrot (chopped)
- 2** Leeks (white parts only, chopped fine)
- 4** Garlic (cloves, minced)
- 1/2 tsp** Oregano
- 1 1/2 tsps** Thyme (dried)
- 1 3/4 cups** Cannellini Beans (drained, rinsed)
- 3 cups** Water
- 4 cups** Kale Leaves (stem removed, chopped)
- 3 tbsps** Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Parsley (chopped)
- 1 cup** Brown Basmati Rice (cooked)