



# Herbivorous' White Bean and Kale Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup olive oil extra virgin extra-virgin for garnish
- 1 medium onion diced finely
- 1 head garlic clove whole minced peeled
- 1 carrots diced finely
- 1 teaspoon kosher salt
- 2 bay leaves
- 1 teaspoon rosemary leaves fresh minced
- 1 the following: parmesan rind)

- 2 cups navy dried white picked over rinsed
- 7 cups water
- 1 bunch kale washed cut into ribbons and thoroughly (lacinato)
- 1 juice of lemon

## Equipment

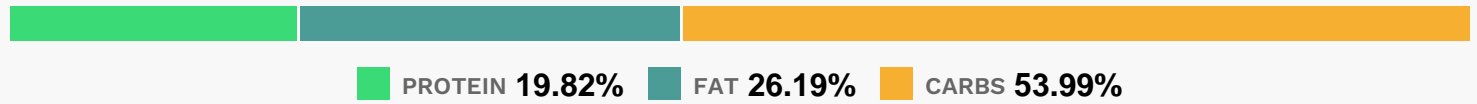
- sauce pan
- stove
- pressure cooker

## Directions

- PRESSURE COOKER METHOD
- In the pressure cooker base, but without pressure, heat the olive oil over medium-high heat. Saut the onion, garlic, carrot, and 1 teaspoon salt until the onion is translucent, about 4 minutes.
- Add the bay leaves, rosemary, and your choice(s) of the Parmesan rind, dried porcini, or broth powder.
- Add the dry beans and water. Bring up to high pressure and cook for 40 minutes, then allow the pressure to release naturally. Open the lid.
- Remove the bay leaves and Parmesan rind, if using.
- Add the kale and lemon juice and simmer for 10 minutes, until the kale is tender. Taste and adjust the seasoning, then serve, garnished with a generous drizzle of extra-virgin olive oil.
- STOVETOP METHOD
- Cover the beans with several inches of water and soak overnight.
- Drain the beans and place in a large saucepan. Cover with water by at least 2 inches and bring to a boil. Reduce the heat and simmer the beans until tender, about 1 1/2 to 2 hours.
- Drain the beans, reserving the bean broth.
- In a large saucepan, heat the olive oil over medium-high heat. Saut the onion, garlic, carrot, and 1 teaspoon salt until the onion is translucent, about 4 minutes.
- Add 4 cups of the bean broth, the bay leaves, rosemary, and your choice of the Parmesan rind, dried porcini, or broth powder. Bring to a simmer and cook for 30 minutes.

- Remove the bay leaves and Parmesan rind, if using.
- Add the beans, kale, and lemon juice and simmer for 10 minutes, until the kale is tender. Taste and adjust the seasoning, then serve, garnished with a generous drizzle of extra-virgin olive oil.

## Nutrition Facts



### Properties

Glycemic Index:22.64, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:30.319130434783%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg Kaempferol: 12.59mg, Kaempferol: 12.59mg, Kaempferol: 12.59mg, Kaempferol: 12.59mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

### Taste

Sweetness: 32.7%, Saltiness: 67.23%, Sourness: 44.64%, Bitterness: 100%, Savoriness: 12.47%, Fattiness: 33.44%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 331.54kcal (16.58%), Fat: 9.98g (15.35%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 34.41g (12.51%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 432.44mg (18.8%), Protein: 16.99g (33.98%), Vitamin K: 95.18µg (90.65%), Vitamin A: 3866.58IU (77.33%), Manganese: 1.47mg (73.74%), Folate: 281.59µg (70.4%), Fiber: 11.86g (47.45%), Iron: 7.6mg (42.23%), Potassium: 1370.21mg (39.15%), Copper: 0.75mg (37.69%), Magnesium: 142.65mg (35.66%), Vitamin C: 25.61mg (31.04%), Calcium: 241.91mg (24.19%), Phosphorus: 231.54mg (23.15%), Vitamin B1: 0.34mg (22.99%), Zinc: 2.71mg (18.07%), Vitamin B6: 0.34mg (17.22%), Selenium: 9.66µg (13.8%), Vitamin B2: 0.19mg (11.32%), Vitamin E: 1.66mg (11.08%), Vitamin B5: 0.63mg (6.34%), Vitamin B3: 0.76mg (3.8%)