

Healthy Kale and Beans Soup

Soups are enjoyed mostly in the winter and there are different types of soups that include vegetables, beans, meat, fish and steak versions. In fact, every type of variety is there. You can pick the finest ingredients that provide hearty flavors according to your choices and preferences.

Commonly, there are two types of soups; thick and clear soup. This recipe is a thick version that combines some healthy ingredients like kale and beans. The kale is added to provide fiber, which help you lose fat and stay lean. It is one of the great and first choices if you want to include taste in a meal, while keeping calories low. If you never tried kale before then it is a great way to start. Kale also helps lower diabetes and reduces the risk of heart diseases. Kale is high in fiber and water content which help prevent [constipation](#) and promote a healthy digestive tract. Another important ingredient is beans that is super healthy and high in fiber, antioxidants, protein, vitamin B, iron, zinc, copper, magnesium, and potassium.



Serves 6

Ingredients

- Pinch of salt, or to taste
- 2 chopped onions
- 3-4 cups organic vegetable broth
- 5 garlic cloves, minced
- 16-ounces beans, rinsed and drained (personal choice preferred)
- 1/2 teaspoon black pepper
- 1/2 cup celery
- 2 teaspoons chopped fresh rosemary
- 1 cup potatoes, cubed
- 1 bundle of kale,
- 4 tablespoons olive oil
- 1 cup chopped carrot
- 2 tablespoons red-wine vinegar

Preparation

- Take a large pan and heat olive oil in it.
- Add celery, carrots, onions and cook for about 15 minutes at medium heat.
- Next, add salt and garlic.
- Then add broth and bring the mixture to boil.
- At this stage, add the potatoes and kale.
- Lower the heat and cook for about 25 minutes with the lid on.
- Meanwhile, take a blender and add beans.
- Blend until smooth.
- Add the bean puree to the soup mixture and boil for another 10 minutes.
- If you like, you can add beans straight.
- Stir in rosemary and red wine vinegar at the end.
- Boil for about 10 minutes. Sprinkle pepper according to taste.
- Serve and enjoy.

