

Kale & Cannellini Bean Soup

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-soup-with-cannellini-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 garlic clove minced
- 10 ounces kale bag of chopped
- 32 ounces organic vegetable broth container of, we used Pacific
- 3 cups water
- 15 ounces cannellini beans can organic, we use Eden Foods
- 1 teaspoon salt to taste
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon allspice
- 1 pinch cayenne optional
- 1/2 cup quinoa

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 71 grams
3. Fat: 9 grams
4. Fiber: 23 grams
5. Protein: 23 grams
6. SaturatedFat: 1 grams
7. Sodium: 1240 milligrams
8. Sugar: 5 grams

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