

White Bean and Escarole Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-and-endive-soup-recipes>

Ingredients:

- 2 heads escarole washed and roughly chopped
- 4 cloves garlic minced
- 1/4 teaspoon crushed red pepper
- 2 cans beans cannelloni, drained and rinsed
- 5 cups chicken stock or vegetable stock
- sea salt
- pepper
- olive oil
- 1/2 cup Pecorino Romano cheese grated, *optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 15 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 1030 milligrams
9. Sugar: 13 grams

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