

# Tuscan Bean & Kale Soup

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-kale-recipe-soup>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 2 cloves garlic minced
- 28 ounces diced tomatoes
- 6 cups vegetable stock
- 19 ounces white kidney beans drained and rinsed
- 1 bunch kale stems removed, chopped finely
- 1/2 pound green beans cut into 1" pieces
- 1/2 cup quinoa
- 2 bay leaves
- 1 teaspoon dried oregano
- salt
- pepper

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 63 grams
3. Fat: 3.5 grams
4. Fiber: 15 grams
5. Protein: 21 grams
6. Sodium: 850 milligrams
7. Sugar: 8 grams

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