

White Bean Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-white-bean-soup-recipe>

Ingredients:

- 1/2 cup orzo uncooked
- 1/2 tablespoon extra virgin olive oil
- 3 tablespoons extra virgin olive oil divided
- 1 sweet onion chopped
- 1 celery Individual Stalk of, thinly sliced
- 4 cloves garlic minced
- 1 teaspoon crushed red pepper
- 2 teaspoons dried Italian seasoning
- 3 cups kale packed, Pre-washed, de-stemmed and roughly chopped
- 32 ounces vegetable broth
- 30 ounces white beans drained
- 2 bay leaves
- 1 lemon Large, Fresh Squeezed, about 4 tbsp.
- salt
- pepper
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 81 grams
3. Fat: 13 grams
4. Fiber: 16 grams
5. Protein: 21 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1150 milligrams
8. Sugar: 8 grams

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