

Tuscan White Bean & Potato Soup w/Rosemary



- Time:** 40-55 minutes (prep 10-15 minutes, cooking 30-40 minutes)
- Serves:** 4-6
- Ingredients:** 1 1/2 cups dried cannellini or navy beans soaked overnight
2 tablespoons olive oil
3 cloves of garlic, minced
1/2 teaspoon red chili flakes (optional)
2 sprigs rosemary, chopped fine
1 1/2 cups water or more to taste, depending on desired thickness
10 small potatoes, halved or quartered
1 1/2 cups coarsely chopped kale (tough ribs removed)
Salt & pepper to taste
1/4 cup yogurt
Fresh parsley
Sunflower seeds

Directions:

1. In a large pot over medium heat, add olive oil, white onion, red chili flakes, garlic, and rosemary. Sauté 5 minutes until onions are golden.
2. Add in beans and water then bring to a simmer.
3. Add potatoes and cook until potatoes are tender (approximately 10 minutes).
4. Add salt & pepper to taste.
5. Add in kale and cook until kale is tender.
6. To have a creamy soup, remove 1/2 of the mixture and puree in the blender, then add it back to the soup.
7. Serve with a dollop of yogurt, fresh parsley, and sunflower seeds.