

# White Bean and Kale Soup



## Nutrition (six servings)

Calories: 165  
Fat: 2.5 g  
Carbs: 34 g  
Fiber: 10 g  
Protein: 9 g  
Sodium: 543 mg

- 1 tablespoon olive oil
- 1 small onion, halved and thinly sliced (1 cup)
- 3 cups chopped kale
- 1 small garnet yam (sweet potato), peeled and diced (1 cup)
- 1 tablespoon smoked sweet paprika, plus more for garnish
- 1 tablespoon curry powder
- 1 bay leaf
- 4 cups low-sodium vegetable broth
- 2 15.5-ounce cans great Northern (haricot) beans, drained and rinsed, divided
- 2 tablespoons red wine vinegar

Heat the oil in a large saucepan over medium heat. Add the onion and cook 8 minutes, or until lightly caramelized, stirring often.

Add the kale, and cook 4 to 5 minutes or until wilted. Stir in the yam, paprika, curry powder, and bay leaf. Cook 1 minute more or until fragrant.

Add the broth and bring to a simmer. Reduce heat to medium-low and cook 30 minutes or until kale and yam are tender. Purée 1 cup (225g) beans with 3/4 cup (170ml) water in a blender or food processor. Add the purée and the remaining beans to the soup. Simmer 10 minutes, and then stir in the vinegar. Season with salt and pepper. Sprinkle each serving with paprika.

*Recipe from Vegetarian Times*