

GREENS & BEANS SOUP



DIFFICULTY

EASY



TIME

15 MIN



SERVES

4

If there was one nutrition tip I give to my patients, it is to include more greens and beans into their diet. This is a family-friendly soup, kids can help and they can learn that green-colored foods are delicious. This flavorful, nutrient dense recipe is filled with fiber, iron and phytochemicals! Recipe can be made 1-2 days ahead of time.

INGREDIENTS

5.5 oz. or 3/4 cup Organic Spinach
5.5 oz. or 3/4 cup Organic Kale
1 oz. or 1.5 tbsp. Cilantro, chopped
2 tbsp. Olive Oil
2.5 oz. Shallots, chopped (about 2 larger shallots)
1/2 oz. Garlic, chopped (about 4 cloves)
1-15 oz can of Cannellini Beans
1 tsp. Ground Turmeric
1 tsp. Salt
1/2 tsp. Black Pepper
1/2 tsp. Freshly Grated Nutmeg
1/4 tsp. Ground Allspice
4 cups Low Sodium Chicken Stock or Vegetable Broth to make it plant-based
Yogurt 2% (*optional*)

DIRECTIONS

1. Heat light olive oil in a large saucepan over medium. Add onion and garlic, and cook, stirring often, just until tender, about 5 minutes. Stir in turmeric, salt, nutmeg, and allspice; cook, stirring often, 2 minutes. Add drained can of white beans and stock, and bring to a simmer. Cook about 10 minutes.
2. Add kale/spinach, cilantro to pan. Bring to a simmer over medium, and cook 10 minutes. Working in batches, transfer soup to a blender or use an immersion blender. Secure lid on blender, and remove center piece of lid to allow steam to escape. Place a clean kitchen towel over opening. Process until smooth. Taste and adjust seasonings if needed, and divide among small 2-3 ounce serving containers.
3. Garnish: add a dollop of 2% Greek yogurt and a cilantro leaf.

NUTRITION FACTS PER SERVING

Calories: 186 Fat: 7.4g (Saturated Fat: 1.2g) Carbohydrates: 21.5g Fiber: 5.2g Sugar: 0.9g Protein: 9.3g



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