

BEANS & GREENS SOUP

Recipe

preparation: 25 min
total time: 1 1/2 hours

yields 8 servings

INGREDIENTS

2 celery ribs
3 large carrots
1 medium onion
2 cloves garlic
1 tbsp EVOO
32 oz chicken bone broth
28 oz can diced tomatoes
2 cans great northern beans
1/2 bunch mustard greens
1/2 bunch kale
5 fresh basil leaves
Salt & pepper

INSTRUCTIONS

1. Chop up celery, carrots, onions, and garlic
2. In a large soup pot, heat up EVOO and then saute the vegetables for 10 minutes
3. Add the chicken broth, tomatoes, and beans
4. Cover the pot and turn the heat down to low, let it simmer for 30 minutes
5. Strip the kale, and add it in along with the mustard greens and basil leaves
6. Cover the pot and let simmer for another 30 minutes
7. Season with salt and pepper to taste

Mint to Eat

