

Quick Cannelinni Bean Soup | 30 minutes | Serves 4

Ingredients:

2 onions
4 tomatoes
2 TBsp butter
3-4" sprig fresh rosemary
3 cloves garlic
1-2 bay leaves
1- 10 oz can tomato soup
1/2 tsp. ground black pepper
1 tsp. salt
1 TBsp garlic powder
2-10 oz cans of cannellini beans
5 cups of kale chopped well
3 quarts of chicken, vegetable, or beef stock



Directions:

1. Chop onions.
2. In a large soup pot heat butter over medium heat and sautee onions until softened.
3. While the onions cook down, roughly chop 4 tomatoes and slice the garlic and add them to the pot. Add bay leaves and rosemary.
4. Next, add 3 quarts of chicken, beef, or vegetable stock [my preference is homemade stock or Better than Bouillon]
5. Add in black pepper, salt, garlic, and tomato soup. Stir well.
6. Turn the heat up to high and stir until just boiling.
7. As your soup begins to boil add in the kale, turn the heat down to medium-low.
8. Give a few more stirs, cover, and simmer for 8-10 minutes. Stirring occasionally.
9. While it simmers drain and rinse 2 cans of cannellini beans.
10. During the last minute of cooking add in your beans and stir.
11. Remove bay leaves and rosemary.
12. Taste and add salt and pepper to taste.
13. Serve warm or store in the fridge or freezer within a couple of hours.