

lemony kale & white bean soup

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

serves 4 -6 (makes one large pot)

ingredients:

olive oil*

1 white onion, diced

4 cloves garlic or 1 tsp garlic powder

1 C celery, diced

2-3 carrots, sliced

½ C dried cannellini beans or 1 can cannellini beans, drained

2 Tbsp vegetable stock

6 C hot water

½ C rice (we used brown rice, arborio would also be great)

¼ C lemon juice

A big bunch of leafy greens, chopped (we used kale)

A big bunch of herbs, whatever you have on hand, chopped (we used parsley)

Salt and pepper, to taste

*Item not available online but is available in your local GoodFor store.

method:

If using dried cannellini beans, soak these in a bowl of cold water overnight.

The next day, rinse your cannellini beans well then add them to a pot and bring to the boil, then once boiling turn down to simmer for 30 minutes. While these are cooking, fry your onions and garlic in a little olive oil in a pan on medium heat. Add your carrots and celery, stir to combine.

Dissolve the vegetable stock in hot water then add to the fry pan. Add the rice, cannellini beans and lemon juice and simmer on a low heat for 20 minutes.

Add your leafy greens, herbs, salt and pepper and cook for a further 5 minutes, or until the rice is cooked.

Garnish with whatever herbs you have leftover and a wedge of lemon, serve hot.

