



**HEALTHY RECIPE: Another !IMPACT favorite . . .**

Easy Kale & White Bean Soup – Delicious recipe that is loaded with fiber, antioxidants, low-glycemic carbohydrates and protein from the beans too! Perfect as the winter starts to get colder, and you could have it for lunch or dinner!

**Ingredients:**

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 4 large cloves garlic, thinly sliced
- 1 (32-ounce) box low-sodium vegetable broth
- 4 cups packed chopped kale
- 1 (14.5-ounce) can diced tomatoes with Italian herbs
- 1 (14.5-ounce) can no-salt-added cannellini beans, drained and rinsed
- 2 large carrots, cut into coins

**Directions:**

In a large saucepan, heat oil over medium heat. Add onion and carrots and cook 3 minutes. Add garlic and cook 2 minutes longer. Add broth, kale and tomatoes and cover. Cook 5 minutes or until kale is tender. Add beans and heat thoroughly. Serve hot.