

Shopping List

Produce

Onion

Garlic

Kale

Rosemary

Carrots

Bulk

Bay leaf

Extra virgin olive oil

Sea salt

Black pepper

Grocery

Low-sodium chicken broth

Great Northern or Cannellini beans

Dairy

Parmigiano-Reggiano (rind)

Meat

Smoked kielbasa

Source: adapted from
www.epicurious.com



Check out our recipe blog at
www.communityfoodcoop.wordpress.com

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Kale and White Bean Soup



Community
FOOD CO OP

Kale and White Bean Soup

INGREDIENTS

2 cans of white beans, such as Great Northern or cannellini

1 large onion, coarsely chopped

2 T extra virgin olive oil

4 garlic cloves, minced

1 carton low-sodium chicken broth (4 cups)

2 qt water (8 cups)

1 Parmigiano-Reggiano rind (about 3"x2")

2 t sea salt

1/2 t fresh ground black pepper

1 bay leaf

1 t finely chopped fresh rosemary

1 package smoked kielbasa, 12 oz, sliced crosswise 1/4" thick

~2 1/4 # carrots, halved lengthwise and cut crosswise into 1/2" pieces (if the carrots are large, then you can quarter them)

1 bunch kale, preferably black, stems and center ribs discarded and leaves coarsely chopped

INSTRUCTIONS

1. Drain beans in a colander and rinse well.
2. Cook onions in the oil in an 8-quart pot over medium-low heat, stirring occasionally, until softened, about 4 or 5 minutes.
3. Add the garlic and cook until fragrant (while stirring), about 1 minute.
4. Add the beans, broth, 1 quart water (4 cups), cheese rind, salt, pepper, bay leaf, and rosemary. Simmer uncovered for about 45 minutes, stirring occasionally.
5. While the soup is simmering, brown the sausage, in batches, in a heavy skillet over medium heat, 1-2 minutes per side. Transfer to paper towels to drain.
6. Raise the heat and stir the carrots into the soup. Simmer for 5 minutes.
7. Stir in kale, sausage, and the remaining quart of water and simmer, uncovered and stirring occasionally, until the kale is tender, 12-15 minutes.
8. Remove cheese rind and bay leaf before serving.
9. Season soup with salt and pepper

To save time when you are preparing your soup, prep the onion and garlic first, then wait to prep your carrots and kale while the soup is simmering in step 4.

This soup is best when made 1 to 2 days in advance. You can thin it with water when reheating if necessary.

Don't skip the parmesan rind—it adds great depth to the soup. Save them in your freezer—they add depth to a variety of soups.

If you use homemade chicken broth, or choose to not use low-sodium, be sure to adjust how much salt you add to the soup, as you might not need as much.



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Six main course servings