

Lemon Rosemary Bean Soup



Servings:

6

Prep Time:

5 minutes

Cook Time:

25 minutes

Ingredients

- 2 cans **Cannellini Beans, or Kidney/Great Northern Beans**, Rinsed/Drained
- 1 can **Chickpeas**, Rinsed/Drained
- 1 ½ tbsp **Olive Oil**
- 32 oz **Unsalted Vegetable Broth**
- 7 oz **Celery and Onions**, Diced
- 4 oz **Carrots**, Diced
- 4 tsp **Garlic**, Minced
- 1 tsp **Salt**
- 1 tsp **Black Pepper**
- 2-3 tsp **Fresh Rosemary**, Chopped
- 1 bunch **Lacinato Kale or Escarole**, Chopped
- 1 **Lemon**, Zested & Juiced

Method of Preparation

Step 1

Blend 1 can of cannellini beans with 1 cup of broth.

Step 2

Heat oil in a pan over medium heat. Add onions, carrots and celery and cook until softened.

Add garlic, salt and pepper and continue to cook for 1-2 minutes.

Step 3

Add the remaining beans and rosemary. Stir and cook for 1 minute.

Step 4

Stir in blended bean mixture, broth and chopped kale. Bring to a boil, reduce and simmer until thickened, about 20 minutes.

Remove from heat, stir in lemon juice and zest. Garnish with grated parmesan cheese.

- $\frac{1}{4}$ cup **Grated Parmesan**
Cheese for Garnish (Optional)

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