



KALE-ZUCCHINI SOUP

Yield: 4 servings

Ingredients:

- ❖ 1 ½ tablespoons extra virgin olive oil
- ❖ 1 large yellow onion, diced, 2 cups
- ❖ 1 medium zucchini, diced
- ❖ 4 cups vegetable stock
- ❖ (1) 15 oz. can white beans, drained and well-rinsed
- ❖ 4 cups lacinato kale, chopped into bit size pieces
- ❖ 2 tablespoons fresh lemon juice
- ❖ 2 teaspoons lemon zest



Procedure:

1. In a large saucepan, over medium heat, heat olive oil and sauté onions 3-5 minutes until translucent. Add zucchini and cook 10 minutes more until vegetables are well browned.
2. Add stock and bring to a boil.
3. Stir in beans and kale and simmer 5 minutes or until kale is wilted.
4. Stir in lemon juice and lemon zest.
5. Season with salt and pepper.