

Vegetable Bean soup with Turmeric

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Smart Health By Design

2 cans white beans (rinsed and drained) divided

1 tsp olive oil

1/2 cup chopped onion

1 cup chopped carrots

3 stalks celery, chopped

3 garlic cloves, mined

1 can red kidney beans

32 oz reduced sodium chicken broth or stock

1 can no added salt diced tomatoes

1 bay leaf

1 tbs dried basil

2 cups diced zucchini

3 cups kale

turmeric



Mash 1 can of white beans with blender or a fork and set aside. Add oil to a large stock pot and saute onion, carrots, celery and garlic until fragrant about 10 minutes. Then add all ingredients through dried basil and cook for 40 minutes. Add zucchini and kale in cook another 10 minutes. Sprinkle turmeric on each bowl of soup.

This recipe can be made in the crock pot, put all ingredients except zucchini and kale in crockpot and cook on low for 6 hours, add last two ingredients and cook another 10 minutes on high.