

White Bean, Prosciutto and Kale Soup

Serves 6-8

1 Tbsp. olive oil
1 onion, diced
4 cloves garlic, minced
1/2 can (3 oz. total) tomato paste
1/4 tsp. red pepper flakes
2 quarts chicken broth
1.5 Tbsp. fresh chopped rosemary
2 cans cannellini beans, drained and rinsed
1 rind from a wedge of parmesan or romano cheese
1 Turkish bay leaf
1 bunch kale, chopped
1/2 cup sliced carrots
1/2 lb. prosciutto, diced
salt and pepper

Heat the oil over medium heat in a dutch oven or stockpot. Add the onion and cook until translucent. Stir in the garlic, cooking until fragrant. Add the tomato paste and red pepper flakes, cooking just a minute or two to cook off some of the paste.

Meanwhile, lightly smash about 1/2 a can of the white beans (this will thicken the soup a bit). Add the chicken broth, rosemary, beans, rind and bay leaf. Season to taste with salt and pepper. Bring to a boil and then reduce the heat to a simmer. Simmer for about 20-30 minutes. Add the kale and carrots and simmer an additional 8 minutes or so until the kale is tender.

Off the heat, add the prosciutto (or you can just add it to the bowl you are eating the soup out of).

Nutritional Information (for 6 servings): Calories: 341 / Fat: 10g / Carbs: 45g / Fiber: 9.8g / Protein: 21g