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# KALE AND WHITE BEAN SOUP

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2 tablespoons	Extra –virgin olive oil
4 cloves	Garlic, chopped
2 stalks	Celery, sliced
1 large	Onion, chopped
Salt and black pepper	
2 15.5-ounce cans	Cannellini beans, rinsed
1 cup	Small soup pasta
1 bunch	Kale, thick stems discarded and leaves torn into 2-inch pieces (~8 cups)
2 tablespoons	Fresh rosemary, chopped
1/2 cup	Shaved Parmesan
1 tablespoon	Lemon juice

- Heat the oil in a large pot over medium-high heat.
- Add the garlic, celery, onion, 1 ½ teaspoons salt, and ½ teaspoon pepper and cook, stirring occasionally, until tender, 4 to 6 minutes.
- Add the beans, pasta, kale, rosemary, 8 cups water. Cover and bring to a boil.
- Reduce heat and simmer until the pasta and kale are tender, 4 to 5 minutes.
- Stir in the lemon juice and sprinkle with the shaved Parmesan before serving.

**Tip:**

The soup can be refrigerated for up to 3 days or frozen for up to 3 months.

**Serves 8**

**Nutrition per serving:** 205 Calories; 29g Carbohydrates; 6g Fat, 10g Protein; 610 mg Sodium