**KALE AND WHITE BEAN SOUP**

- 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