

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Tuscan White Bean Soup w/ Kale & Potatoes- Vegetarian & Gluten-Free

If you have any [pesto](#) remaining in your freezer, start defrosting it. A spoonful in the bottom of your soup bowl adds a hint of summer's essence and perfume even in the middle of winter.

Makes 16 cups

Active time: 40-45 minutes

Total time: about 1½ hours

2 tablespoons olive oil

1 large onion, sliced pole-to-pole and then halved

1½ cups celery, 1/3-inch dice

1½ cups carrot, 1/3-inch dice

3 cloves garlic, crushed

2 teaspoons salt

Dozen twists freshly ground pepper

2 bay leaves

5 sprigs fresh thyme

4 cups Yukon gold potatoes, ½-inch dice, stored in water

3 cups yam, peeled, ½-inch dice, stored in water

1 large bunch Tuscan or other variety of kale, stems removed and sliced ¼-inch thick, greens cut about 1 x 2 inches

Two 15-ounce cans cannellini beans or other variety of white beans, including liquid

1 tablespoon balsamic vinegar

Optional Garnishes

½ cup freshly grated [pecorino](#) cheese, [Pesto Genovese](#)

1. Heat the oil in a large soup pot over medium heat. Stir in the onion, cover the pot and cook about five minutes until the onions are translucent. Stir in the diced celery and carrot, the crushed garlic, bay leaves and fresh thyme. Sprinkle with salt and freshly ground pepper. Cook 5 minutes
2. Stir in the potatoes, kale stems and 8 cups of water. Bring the water to a boil. Reduce the heat so the water simmers. Partially cover the pot and cook about 20 minutes until the potatoes are tender.
3. Remove the thyme sprigs and bay leaves.
4. Use a blender to puree 4 cups of the soup and return it to the pot.
5. Stir in the kale and the canned beans with their liquid. Push the kale down into the broth. Bring the soup back to a boil then lower the heat. Cook the soup partially covered for another 8-10 minutes or until the kale is tender.
6. Stir in the balsamic vinegar and adjust the salt and pepper to taste. Serve Tuscan White Bean Soup as is. Or garnish it with grated cheese and/or a spoonful of pesto.