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White Bean Kale Soup

Ingredients:

3 cups onion, diced
2 cups celery (including the green tops), diced
2 T. olive oil
2 T. garlic, minced
1 T. ginger, minced
8 cups organic vegetable broth
6 cups Kabocha or Butternut squash, peeled, deseeded, and cut into 1-inch cubes
6 cups kale, de-stemmed, and roughly chopped
2 t. dried basil
1 t. ground cumin
1/2 t. sea salt
1/4 t. freshly ground black pepper
1 - 15 oz. can baby butter beans, drained, and rinsed
1 - 15 oz. can Cannelli beans, drained, and rinsed
1 ó 15oz can of Adzuki beans, drained, and rinsed

Directions:

In a large pot, sauté the onion and celery in olive oil for 5 minutes to soften. Add the garlic and ginger, and sauté for an additional 2 minutes. Add the vegetable stock, Kabocha or Butternut squash, kale, basil, cumin, sea salt, and pepper, and bring to a boil. Cover the pot, reduce heat to low, and simmer for 15-20 minutes or until the vegetables are tender. Add the beans and simmer an additional 5 minutes. Taste and adjust seasonings as needed.

Yield: 3 Quarts

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