



AT LENOX HILL NEIGHBORHOOD HOUSE

Tomato White Bean and Kale Soup

By Chef Evelyn Garcia

This simple yet flavorful soup is packed with vegetables in a light tomato broth. Use fresh white beans or save time and use drained and rinsed low-sodium canned white beans.

Serves 4-6

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 large carrot, chopped
- 1 stick celery, chopped
- 2 large garlic cloves, minced
- 1 14-ounce can chopped tomatoes, with juice
- 6 cups water
- 1 tablespoon tomato paste
- 1 teaspoon oregano
- 1 medium Yukon gold potato (about 6 ounces), diced
- 1 teaspoon thyme
- 1 bay leaf
- ½ pound kale, stemmed, washed thoroughly, and chopped or cut in slivers
(4 cups chopped)
- 1 can white beans, drained and rinsed
- Freshly ground pepper
- Salt to taste
- Grated Parmesan for serving

THE
TEACHING
KITCHEN
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Directions

1. In a large heavy pot add olive oil and sauté the onion, carrot, celery, thyme and a pinch of salt. Stir often, until the vegetables are tender, about 8 minutes. Add the garlic and cook until fragrant, about 30 seconds. Stir in the tomatoes and juice from the can, add another pinch of salt and continue to cook for 5 to 10 minutes, until the tomatoes have cooked down slightly.
2. Add the water, tomato paste, oregano, potato and salt to taste. Bring to a boil, add the bay leaf, cover and simmer 10 to 15 minutes, until the potatoes are just about tender.
3. Add the kale and simmer another 10 minutes, until the kale and potatoes are tender, and the soup is fragrant. Taste, adjust salt and add pepper. Stir in the beans and heat through for 5 minutes. Serve, sprinkling some Parmesan over each bowl.
4. Chef's Notes:
 - a. Add in oven-toasted leftover bread to the soup or on the side if you have some.
 - b. Feel free to add water or stock to make the soup meet your preferred consistency.