

WHITE BEAN AND KALE MINESTRONE

Prep time: 30 minutes

Makes 3 to 4 servings

5 to 6 leaves of kale

1 tablespoon extra virgin olive oil

2 large cloves of garlic

3 cups cooked white beans, divided

2 1/2 cups vegetable or chicken stock, divided

1 tablespoon tomato paste

4 fresh sage leaves

1 teaspoon sea salt

Freshly ground pepper

1 tablespoon freshly lemon juice

Freshly grated pecorino cheese

Wash kale and remove the stems from the leaves. Roll up kale leaves and cut into thin ribbons. Set aside.

In a 4-quart pot heat oil and sauté the garlic briefly over medium heat. Add about half of the cooked beans and half of the stock.

Puree the rest of the beans and stock in a blender along with the tomato paste and sage. Stir the pureed beans into the soup. Add salt and pepper to taste.

Mix the kale into the soup and simmer until it has wilted (about 10 min). Add the lemon juice and enough water to make the soup a desirable thick consistency. Taste and adjust seasonings. Serve the soup topped with pecorino cheese.