

White Bean Kale and Butternut Squash Soup



As we head into fall and scrounge the garden for what is left, I found some lovely kale. I love the beans and greens combination and pulled together this soup which is a standby for me but for which I never wrote down a recipe. As are many of the recipes that I make regularly, quantities of the ingredients are fluid, use what you have.

Ingredients:

16 Cups Vegetable Broth – homemade or boxed

1 butternut squash, peeled and cubed

3 Cups dried white beans (or use canned if time does not allow the soaking)

Large bunch of Kale, rinsed and in large bit size pieces off the stalk (unless using baby kale use the whole thing)

Cup of chopped herbs (I use parsley and sage, rosemary good too)-use some dried if no fresh available

2 -3 large onions chopped

3-4 cloves of fresh garlic minced

4 stalks of celery chopped

Bay leaf

Salt and Pepper to taste

3 Tablespoon Oil (olive or any vegetable will do)

Soak the white beans overnight or use the quick start method. Rinse and set aside.

In a large soup pot sauté the onions in the oil until soft, adding the garlic and celery after a couple of minutes and then half of the herbs.

When the onions are translucent add the white bean and cover with some of the vegetable broth, add the bay leaf and some salt and pepper, and bring to a simmer. Simmer until the beans are barely tender, about 30-45 minutes.

Add the butternut squash, the rest of the broth and return to simmer. Continue simmering until the squash is almost cooked and then add the kale and the rest of the herbs. Simmer until the squash is cooked through.

I like to let the soup cool in the pot and sit several hours letting the flavors meld if time permits.

Reheat and enjoy!