



# Cannellini Kale Soup

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4 garlic cloves, medium to large, minced
- 6 cups cooked cannellini beans or white navy beans
- 4 cups low-sodium vegetable stock
- 2 cups water
- 3 tablespoons tomato paste
- 1 tablespoon fresh sage, minced or 1 teaspoon dried sage
- ¼ to 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 5 cups chopped kale leaves (about 6 large leaves) or collard greens
- ¼ cup finely ground cornmeal
- 2 to 3 tablespoons freshly squeezed lemon juice

Heat large stock pot. When hot, add oil and sauté onion until soft. Add garlic and sauté just until fragrant but not browned. Add beans, stock, water, tomato paste and sage. Stir in salt, pepper and kale. Simmer about 20 minutes until greens are tender. Stir occasionally and reduce heat if mixture boils. In a separate bowl, mix cornmeal, lemon juice, 2 tablespoons of water and stir. Pour this mixture slowly into the soup and stir well to prevent clumping. Simmer another 10 to 15 minutes until thickened.