

Your Weekly Health-Boosting Recipe!

Savory Kale, Cannellini Bean & Potato Soup

Ingredients:

2 tablespoons extra-virgin olive oil
1 onion, diced
3/4 cup diced carrot
4 cloves garlic, minced
3 cups low-sodium chicken broth
2 cups water
1 cup white wine
3 potatoes, halved and sliced
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh sage
1/2 teaspoon chopped fresh thyme
1 (16 ounce) can cannellini beans, rinsed and drained
2 cups finely chopped kale leaves
1 small red chile pepper, seeded and chopped fine
ground black pepper to taste



Directions:

Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes.

Stir in the carrot and garlic, and cook for 5 minutes more.

Pour in the chicken broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes.

Add the cannellini beans, kale, chile pepper and black pepper. Simmer, covered, for 30 more minutes.

Kale Quick Facts:

Tasty and healthy!
Rich in calcium, lutein and iron
High in Vitamins A, C, & K
Provides bunches of fiber!
Seven times more beta-carotene
than broccoli!
Abundant in antioxidant Vitamin E
Keep dry, unwashed greens in sealed

Cannellini Bean Quick Facts:

Low fat & high in fiber
TWICE as much iron as beef
Loaded with thiamine – essential for
high mental performance!
Rich in folate
Helps cut cholesterol

Fedorko Chiropractic Health Center

4774 Munson St NW Suite 302, Canton, OH 44718 Phone: 330-494-0422

www.FedorkoHealth.com