



## LEMON SOUP WITH PASTA, WHITE BEAN, AND KALE

This light-flavored soup is comforting and hearty enough to be a meal. It would be a great soup to make when you just can't look at another holiday cookie and need something healthful and nourishing.

### INGREDIENTS

- 2 cups dry white beans
- 1 small onion, chopped
- 3 cloves garlic, minced
- 3 Tbsp olive oil
- ½ tsp sea salt
- ¼ tsp cracked pepper
- 8 cups vegetable stock
- 1 Meyer lemon (juice and zest)
- 8 oz. angel hair pasta
- 1 Tbsp sea salt
- 3 cups lacinato kale, coarsely chopped
- ¾ cup Parmesan cheese

### DIRECTIONS

Rinse and soak the beans in cold water overnight for at least eight to 12 hours. Rinse and set aside.

In a large soup pot, on medium heat, sauté the onion and garlic in two tablespoons olive oil, until translucent, about two minutes. Season with salt and pepper. Add the vegetable stock, juice from one lemon, and the cooked beans. Simmer for 40 minutes, or until the beans are soft and tender.

In another pot, boil eight cups water and one tablespoon sea salt. Add the angel hair pasta and cook for five minutes only (the pasta will cook more in the soup). Drain, toss with olive oil to prevent it from sticking, and set aside.

Once the beans are tender, add the cooked pasta and Parmesan cheese, and continue to simmer until the pasta is al dente, approximately eight minutes. Add the kale and simmer until tender. At this point, you may need to add some boiling water to the soup, as some of the stock may have evaporated (½ – 1 cup should be sufficient).



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