

Mushroom, White Bean, & Kale Soup

Serves: 6

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 2 Tbsp **EDEN Extra Virgin Olive Oil**
- 1 ½ cups onions, diced
- 2 pinches **EDEN Sea Salt**
or 1 tsp. **EDEN Shoyu Soy Sauce**
- 4 cloves garlic, minced
- 1 cup cremini mushrooms (baby bella), sliced
- 1 cup shiitake mushrooms, sliced
- 1 package **EDEN Maitake Mushrooms**, coarsely
chopped soaked in 2 cups hot water for 20
minutes, reserve soaking water
- 1 cup carrots, diced
- 15 ounces **EDEN Great Northern Beans**
or **EDEN Cannellini Beans**
- 14 ounce can tomatoes, diced
- ¼ cup organic dry red wine, optional
- 2 cups reserved mushroom soaking water
- 3 cups kombu dashi, or homemade vegetable broth
- 1 Tbsp fresh rosemary, chopped
- 2 tsp **EDEN Apple Cider Vinegar**
- ½ tsp **EDEN Sea Salt**, or to taste
- ⅛ tsp **EDEN Black Pepper**, or to taste
- 5 cups kale, chopped
- ¼ cup fresh basil, chopped, for garnish

Directions

Heat oil in a large pot and sauté onions with a pinch of sea salt until translucent, 3 to 5 minutes. Add fresh mushrooms and garlic. Sauté 5 more minutes. Add dried mushrooms, carrots, beans, tomatoes, wine, mushroom soaking water, vegetable broth, rosemary, and vinegar. Cover and simmer on medium-low until mushrooms and carrots are tender, about 10 minutes. Adjust seasoning adding sea salt and ground pepper. Add kale and cook 3 to 5 minutes. Ladle into bowls, garnish with fresh basil, and serve with a piece of fresh sourdough bread.

Nutritional Information

Per serving - 248 calories, 7 g fat (22% calories from fat), 20 g protein, 37 g carbohydrate, 9 g fiber, 0 mg cholesterol, 758 mg sodium



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