



# Tuscan White Bean Soup



Nutrition Facts	
8 servings per container	
<b>Serving Size</b>	(771g)
Amount Per Serving	
<b>Calories</b>	<b>310</b>
% Daily Value *	
<b>Total Fat 5g</b>	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	13%
<b>Sodium 680mg</b>	30%
<b>Total Carbohydrate 45g</b>	16%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 0g Added Sugars	
<b>Protein 26g</b>	52%
Vit. D 0mcg	0%
Calcium 90mg	7%
Iron 4mg	22%
Potas. 600mg	13%
Polyols	16g

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

1. **Thoroughly rinse all the vegetables. Soak and drain the lentils and beans.**
2. **Cut the top off of the onion,** and cut in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Add to the large bowl
3. **Cut away the stems of the kale.** Then chop the kale leaves and set aside.
4. **Separate the celery from the head.** Cut off both ends and discard. Then slice the stalks into ¼ inch slices. Set aside.
5. **Peel the carrots and remove the ends.** Slice into ¼ inch slices. Set aside.
6. **Remove the top of the tomato.** Cut into quarters lengthwise, then into lengthwise sticks and then chop into small square pieces. Set aside.
7. **Heat a large pot to medium high heat.** Add the turkey sausage, and brown all sides using a pair of tongs. Then remove from the pot and into a bowl.
8. **Add the celery, carrots and onion to the already hot pot.** Reduce heat to a medium-low to low. Allow them to “Sweat” (opposite of saute: little movement, low heat, more fat).
9. **Using the tongs,** Slice the sausage links into ½ inch pieces. Set aside.
10. **Add the Lentils, Cumin and Rosemary to the pot.** Allow lentils to toast slightly.
11. **Add the tomatoes,** turkey sausage, cannellini beans and vegetable stock to the pot.
12. **Bring the pot to a boil** and then reduce heat to a simmer for 15 minutes. \*see notes on back for dried cannellini beans.\*
13. **Add the fresh kale leaves to the pot** and simmer for an additional 5 minutes.
14. **Serve hot and ENJOY!!**

## Ingredients

- 6 links Italian Turkey Sausage
- 3 cups Cannellini beans \*see notes for dried\*
- 1 cup Carrots
- 2 Roma Tomatoes
- 1 cup Celery
- 1 cup Onion
- 2 cups Kale
- 1 ½ cup Gold Lentils
- 4 cups Vegetable Stock
- 1 teaspoon Cumin
- 1 tablespoon Rosemary



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## Notes

Soak the dried Cannellini beans in water for at least one hour. Drain. Then add the beans and water to a pot. Bring to a boil. Reduce heat and allow to simmer for one hour or until beans are soft enough to squish with a fork.

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