

Beans, Greens and Roasted Garlic Soup

Ingredients: (10 servings)

1 head garlic
1 C macaroni or any small, tube-shaped pasta
1 T olive oil
2 large leeks
1 T fresh rosemary, diced
8 C fresh kale, washed & chopped
4 C sweet potato, peeled & diced into ½" cubes
7 C fat-free chicken broth
1 T Better than Bouillon chicken base (opt)
1 t dried basil
2 cans cannellini beans, rinsed & drained
salt & pepper to taste

Directions:

Preheat oven to 425.

1. Wrap garlic head in foil & bake for 40 min or until soft. Remove & cool. Remove cloves from papery shell & set aside.
2. Cook pasta in salted water until al dente, according to package directions. Drain & set aside.
3. Pour oil into non-stick soup pan over med-high heat. Add leeks, rosemary, roasted garlic cloves & sauté, stirring constantly until leeks are transparent, about 5 min. Add kale & sweet potato, stir for 5 min. Add chicken broth and basil, return to gentle boil, reduce heat & simmer until potato is soft but firm, about 15 min.
4. Add beans, pasta, salt & pepper, and heat through for 5 min. Serve hot.

Nutrition per serving:

217 calories
3.2 grams fat (less than 1 gram saturated fat)
9.4 grams fiber
23% protein
64% carbohydrate