

Cozy Kale and Mushroom Soup

Makes 6 servings

Soups are a tasty and easy way to get leafy greens and protein-packed beans into your and your child's diet. This soup is quick to make but has big flavor.

Ingredients

- 1 tablespoon olive or canola oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 8 ounces cremini mushrooms, cut into bite-sized chunks
- 2 garlic cloves, peeled and finely chopped
- 1 tablespoon tomato paste
- 1 bay leaf
- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- 1 14-ounce can diced tomatoes (no salt added)
- 1 medium potato, cut into bite-sized pieces
- 1 bunch kale, stems removed, washed well, and chopped
- 1 15-ounce can white beans or chickpeas (no salt added), drained and rinsed



Photo: NYT Cooking

Directions

1. In a large pot, heat the oil over medium heat. Add the onion, carrot, mushrooms, and a pinch of salt. Cook until the vegetables are soft, about 8 minutes.
2. Add the garlic, tomato paste, bay leaf, oregano, and pepper and cook for 30 seconds, stirring often. Stir in the tomatoes and juices from the can and cook until the tomatoes are softened, 8-10 minutes.
3. Add 6 cups of water, the potato, and ½ teaspoon salt. Bring to a boil, then lower the heat to medium. Cover the pot and cook until the potatoes are just tender, about 10 minutes.
4. Add the kale and cook for another 10 minutes. Add salt, pepper, and any other spices or herbs to taste. Add the drained beans and cook for another 5 minutes.
5. Serve warm with whole-grain bread.

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