

Creamy White Bean Soup with Kale

Prep Time
20 mins

Cook Time
30 mins

Total Time
50 mins

Servings: 4 Calories: 419kcal Author: [Nisha Vora](#)

Ingredients

- 2 tablespoons **extra virgin olive oil**
- 1 large **yellow onion** (or leek), diced
- 3 sticks of **celery**, diced
- 3 medium **carrots**, diced
- 6 **garlic** cloves, finely chopped
- ½ teaspoon **red pepper flakes**
- 3 ½ cups (840 mL) **low-sodium vegetable broth** (see Note 1)
- 1 ½ teaspoons **Diamond Crystal kosher salt**
- Freshly cracked **black pepper** to taste
- Bouquet garni**: 2 **bay leaves** + 1 large sprig of **sage** + 1 large or 2 small sprigs **rosemary**, tied tightly together with kitchen twine (see Note 2)
- 1 medium **Yukon gold potato** (~6 oz or 170g), peeled and finely diced
- 2 (15-ounce/425g) cans of **cannellini beans**, drained and rinsed (or 3 1/2 cups cooked cannellini beans)
- 1 (14 ounce/400g) can **artichoke hearts**, drained and chopped finely (optional)
- 1 small head of **lacinato kale**, center rib removed and shredded (about 1

small bunch)

- Good-quality extra virgin olive oil** (for finishing)

Gremolata

- 1 loosely packed cup (12g) **flat-leaf parsley** leaves
- ½ loosely packed cup (8g) **fresh basil** leaves
- 2 **garlic** cloves, **left whole and peeled**
- 2 medium **lemons** (I prefer organic since we're using the peel)
- Flaky sea salt**

Instructions

1. Heat the oil in a large Dutch oven or soup pot over medium-high heat. Once hot, add the onion, celery, and carrots, along with a pinch or two of salt. Cook until the vegetables are softened and starting to just turn brown, 7 to 9 minutes.
2. Add the garlic and red pepper flakes, and cook another 1 to 2 minutes until very fragrant.
3. Pour in a splash of vegetable broth to deglaze the pot as needed, stirring up any browned bits on the bottom of the pot. Add the remaining broth, 1 heaping teaspoon of kosher salt, black pepper to taste, bouquet garni, potatoes, cannellini beans, and artichokes (if using). Stir well.
4. Bring the soup to a boil. Then reduce heat, cover the pot, and simmer the soup for 15 minutes, or until the potatoes are tender.
5. While the soup is simmering, **make the Gremolata.**

Finely chop the parsley and basil. Using a microplane, grate the garlic directly over the parsley and basil. Then zest the lemons on top of this

mixture, taking care to not zest the white pith underneath the skin.

Mix the garlic and lemon zest into the herbs and chop the herbs until they're finely minced. Sprinkle with a bit of the coarse or flaky sea salt.

6. Transfer half of the soup to a stand blender and blend until thick and smooth. Then return this pureed soup back to the pot and stir to incorporate.

One-pot option: Remove bouquet garni and use an immersion blender throughout half of the soup, but be sure to not blend it all - you want to retain some texture.

7. Add the kale to the soup and simmer for 3 to 5 minutes, or until the kale is tender but still bright green. Taste for seasonings, adding salt to taste and a squeeze of lemon juice if desired. When the soup is done, remove the bouquet garni.

8. Serve the soup in bowls and sprinkle a generous amount of the Gremolata over each bowl and a drizzle of the extra virgin olive oil.

If storing leftovers, add the gremolata to a jar, drizzle some olive oil in there, and refrigerate. Spoon this over leftover soup.

Notes

Note 1: Use 3 1/2 cups of broth (840 mL) if you want the soup to be very thicker; use 4 cups (960 mL) of broth for a slightly thinner but still chunky texture. If using regular (not low-sodium) broth, go easy on the salt and add to taste at the end.

Note 2: Don't have kitchen twine? You can do the following:

(1) Just add the herb sprigs into the pot and use tongs to remove them after cooking; or (2) *MacGyver it*: tie the herbs using a leftover scallion, a long sturdy stem of parsley, or the string from a tea bag; or(3) Chop the herbs (not the bay leaves) and sauté them when you add the garlic.

PS: Instant Pot instructions can be found in the first FAQ in the blog post.