

# DINNERLY



## Hearty Vegetable Soup with Kale



20-30 minutes



4 Servings

Ain't nothing like a hearty soup when the weather turns cool. Sauté the aromats, pour in the stock, then simmer with cannellini beans, potatoes and kale until tender. Please sir, can I have some more?

### WHAT WE SEND

- 500g potatoes
- 3 carrots, 2 celery stalks
- 2 x 400g can white cannellini beans
- 6 vegetable stock cubes
- 400g kale

### WHAT YOU NEED

- boiling water
- garlic clove
- olive oil
- sea salt and pepper

### TOOLS

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

May contain traces of allergenic ingredients.

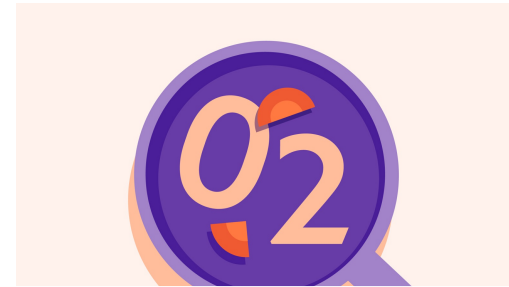
### NUTRITION PER SERVING

Energy 340kcal, Fat 1.5g, Carbs 48.2g, Proteins 18.3g



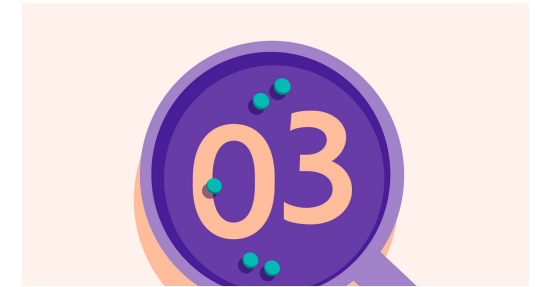
#### 1. Prep ingredients

Crush or finely chop **3 garlic cloves**. Thinly slice the **celery**. Peel and cut the **carrots** into 2cm chunks. Remove the **kale** leaves, discarding the stalks, then shred. Peel and cut the **potatoes** into 2cm chunks.



#### 2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **2L (8 cups) boiling water** and stir to dissolve. Drain and rinse the **cannellini beans**.



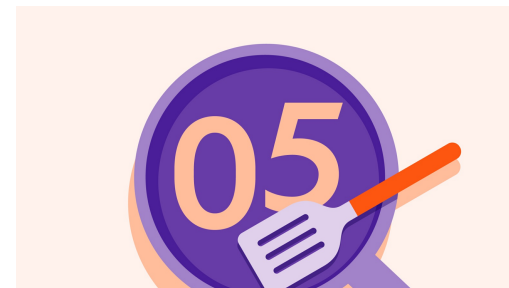
#### 3. Start soup

Heat **2 tbs olive oil** in a large saucepan over medium heat and cook the **garlic, celery and carrot** for 3-4 mins until softened.



#### 4. Add potatoes

Add the **potatoes** and **stock**, cover and bring to the boil. Reduce the heat to low and simmer for 8-10 mins or until the potatoes are just tender.



#### 5. Serve up

Add the **kale** and **beans** and cook for 4 mins or until the kale is wilted. Season to taste with **salt and pepper**. Ladle the **soup** among bowls and serve.



#### 6. Kitchen hack

Add extra texture and serve the soup with some crusty bread.