



Butternut Squash, Bean and Kale Soup



Ingredients

- 1 tablespoon extra-virgin olive oil
- 1/2 cup diced sweet onion
- 5 cloves garlic, minced
- 2 cups chopped kale (hard stems removed)
- 1 14.5-ounce can fire-roasted tomatoes
- 1/2 teaspoon ground sage
- 1/2 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 1 15-ounce can low-sodium black beans, drained and rinsed
- 1 15-ounce can low-sodium great northern beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 1 12-ounce package frozen butternut squash

Directions

Makes 6 servings

1. In a large pan, heat oil over medium-high heat. Add onion, garlic and kale. Cook, stirring occasionally, until onions appear clear (about 3 to 5 minutes). Add tomatoes, sage, basil and black pepper. Stir and cook for 1 to 2 minutes.
2. Add beans and broth. Stir. Allow to simmer for 3 to 5 minutes or until beans are heated through. Add squash, stir and cook for 3 to 5 minutes or until heated through.
3. Portion into bowls, allow to cool slightly and enjoy warm.



MAIN DISH



TIP

If you don't have black or great northern beans on hand, almost any beans will do! Try red kidney, pinto or even lima beans!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 2 cups (452g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 41g 14%

Dietary Fiber 9g 36%

Sugars 7g

Protein 11g

Vitamin A 70% Vitamin C 40%

Calcium 15% Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Carb choices per serving: 2