



HEALTHY LIVING
WITH *Patti Green*

Hearty Winter Soup

Ingredients:

- 3 TBSP olive oil
- 6 cloves of garlic minced
- 1 large yellow onion diced
- 1 head of kale chopped with stem removed
- 1 head cauliflower - cut into small florets
- 1-2 yellow squash
- 1 cup green beans (fresh or frozen)
- 2 boxes of low sodium chicken or vegetable broth
- 1 can cannellini beans
- 1 28oz can crushed tomatoes
- 1 tbsp oregano
- 1/4 tsp red pepper flakes
- 1/2 cup Grated Parmesan cheese
- 1 cup whole-grain croutons
- 2 cups chicken cubed (optional)

Instructions:

1. Add olive oil to soup pot
2. Sauté garlic and onion over medium heat
3. Add oregano and stir
4. Add broth, tomatoes, and beans
5. Add all veggies, except kale
6. Make sure veggies are covered in broth. If not add water to cover
7. Turn heat on high and let boil
8. Once boiling, turn heat down to medium heat and cover
9. Let simmer for 30-45 minutes
10. Add kale and stir
11. Turn the heat onto low and cook for another 30 minutes then remove from heat
12. Ladle into bowls sprinkle cheese and croutons on as garnish

RECIPES

