



# White Bean, Kale, and Tomato Stew

Prep: 20 minutes | Cook: 40 minutes | Total: 60 minutes

Yield: 8 servings | Serving Size: ~2 cups

## Ingredients

1 tablespoon oil  
1 large onion, diced  
2 large carrots, peeled and diced (about 1 cup)  
12 cloves garlic, minced (about 2 tablespoons)  
4 cups chopped kale  
8 cups (64 ounces) low-sodium vegetable broth  
2 (14.5-ounce) cans no-salt-added diced tomatoes  
2 (15.5-ounce) cans no-added salt cannellini beans, with liquid  
1 (8-ounce) package ready microwavable whole-grain rice (e.g. brown rice) or 2 cups cooked whole-grain rice  
2 tablespoons Italian seasoning blend  
¼ teaspoon ground black pepper

## Directions

1. Heat a heavy stockpot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, carrots, and garlic.
4. Sauté until the onion and carrots are tender, stirring frequently, about 7-8 minutes.
5. Reduce the heat to low.
6. Add the chopped kale and broth.
7. Cover the pot with a lid.
8. Simmer for 10-15 minutes.
9. Add the diced tomatoes and their juice, cannellini beans, rice, Italian seasoning, and black pepper.
10. Cook until heated through.
11. Serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2.5 g | Saturated Fat: 0.5 g  
Sodium: 190 mg | Total Carbohydrate: 37.5 g | Dietary Fiber: 6.5 g | Protein: 10 g**

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