

## Winter Vegetable Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1½ cups

## **Ingredients**

- 1 teaspoon olive oil
- 2-3 slices bacon, chopped (about 2 ounces)
- 1 medium onion, chopped (about 1 cup)
- 2 garlic cloves, minced (about 1 teaspoon)
- 1 medium acorn squash or butternut squash, peeled and cut in ¾-inch cubes (about 2 cups)
- 2-3 medium red potatoes, diced (about 2 cups)
- 2 stalks celery, chopped (about ½ cup)
- 1 medium carrot, chopped (about ½ cup)
- 1 teaspoon dried basil
- ¼ teaspoon ground cinnamon
- ¼ teaspoon dried thyme
- 1 (28-ounce) can no-salt-added diced tomatoes
- 4 cups (32 ounces) low-sodium chicken broth
- 4 cups chopped, destemmed kale (about 1 bunch)
- 1 (15-ounce) can no-salt-added white beans (e.g. navy beans, cannellini beans), drained

## **Directions**

- 1. Heat the oil in a large pot over medium-high heat.
- 2. Add the bacon and cook, stirring often, for 3 minutes.
- 3. Add the onion and garlic and cook, stirring often, for 3 minutes.
- 4. Add the squash, potato, celery, carrot, basil, cinnamon, and thyme. Cook, stirring occasionally, for 4 minutes.
- 5. Add the tomatoes with their juice and stir to combine. Cook for 2 minutes.
- 6. Add the broth and stir to combine.
- 7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook for 8 minutes.
- 8. Add the kale and beans.
- 9. Continue cooking at a simmer until the potatoes, squash, and kale are tender, about 10-15 minutes.
- 10. Serve warm.

Nutrition Facts Per Serving: Calories: 225 | Total Fat: 4 g | Saturated Fat: 1 g Sodium: 240 mg | Total Carbohydrate: 39 g | Dietary Fiber: 7.5 g | Protein: 10 g

