

BEANS AND GREENS SOUP (SERVES 8)

INGREDIENTS:

16 cups chicken or vegetable broth, preferably low-sodium

2 (15-ounce) cans beans (chickpeas, white beans, navy beans, cannellini beans, or any bean you like)

2 large bunches greens (kale, collards, chard; about 1 ½ pounds)

Salt and pepper

Optional: Parmesan cheese (for grating on top)

TIPS:

- Makes 8 bowls, good portions for a light meal or hearty appetizer
- Chopped tomatoes or thinly sliced mushrooms make nice additions to this soup. Add them along with the beans and leaves.
- This soup can be made with any kind of leafy green, including kale, collards, chard, turnip greens, spinach, and escarole.

DIRECTIONS:

1. Pour broth into a soup pot or large saucepan. Place on the stove, cover, and bring to a simmer.
2. Open cans of beans. Drain beans in a colander and rinse under cold running water until foam subsides. Set aside.
3. Cut off and discard the bottom inch or 2 from the stems of the greens. Wash the greens. (It's best to wash greens in a bowl of cold water, gently swishing them around. Lift the greens out if the water. If there's dirt in the water, rinse out the bowl, fill it with fresh water, and wash the greens again. Repeat this process several times until the water is free of dirt.) Remove stems from greens either by cutting or pulling them out. Chop stems into small pieces. Coarsely chop the leaves, making sure none of the pieces are too long.
4. When broth is simmering, remove lid and add stems to the pot. Cook for 2 minutes and then add beans and leaves to the pot. Cook, covered, 2 to 3 minutes, or until the leaves are tender and wilted.
5. Season to taste with salt and pepper. Serve soup in bowls and, if desired, top with grated Parmesan cheese.