

## SWEET POTATO, KALE, WHITE BEAN SOUP



### Ingredients

- 1 tbsp olive oil or avocado oil
- 1/2 medium red onion, chopped
- 1 medium carrot, chopped
- 2 small sweet potatoes, chopped
- 1 medium red bell pepper, hollowed out and chopped
- 3 cloves garlic, minced
- 1 tbsp rosemary, finely chopped
- 2 cans cooked cannellini beans, drained and rinsed
- 4 cups vegetable broth
- 4 cups kale, chopped
- 2 tbsp lemon juice
- pinch red chili pepper flakes, for garnish

### Instructions

1. Heat oil in a large pot over medium heat. Add onion and cook for about 5 minutes, or until they are translucent.
2. Add the carrots and sweet potatoes and cook for 5 minutes. Stir in bell pepper and cook for another 3 minutes, or until the vegetables start to soften. Add garlic and rosemary and cook for 1 minute.
3. Add the cannellini beans and broth and bring to a boil. Once the soup is boiling, spoon 2 cups of the soup into a blender. Blend for 1-2 minutes, or until the mixture is almost completely smooth.
4. Pour the blended mixture back into the pot. Add kale and lemon juice, and simmer for 5 minutes.
5. Spoon soup into individual bowls. Top each bowl with red chili pepper flakes.