

Sharp Health News

Greens and beans soup (recipe)

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Your holiday dinner table doesn't need to be packed with unhealthy foods. This soup recipe — courtesy of [Dr. Angie Neison](#), a board-certified [family medicine](#) and [culinary medicine](#) doctor with [Sharp Rees-Stealy Medical Group](#) — is flavorful, nutrient-dense, and filled with fiber, iron and phytochemicals.

Greens and Beans Soup

Prep time: 15 minutes / **Total time:** 25 minutes

Servings: 2

Nutrition facts per serving: Calories = 317; Fat = 14 grams (Saturated fat = 3.7 grams);
Sugar = 2 grams

This family-friendly soup recipe is healthy, delicious and easy to make.

Ingredients

- 2 tablespoons olive oil
- 2 large shallots, chopped
- 4 cloves garlic, chopped
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground allspice
- 1 (15-ounce) can cannellini beans, drained
- 4 cups low-sodium chicken stock or vegetable broth
- 1 bunch organic kale, chopped
- 1 bunch organic spinach, chopped

- 1/2 cup fresh cilantro, chopped
- Low-fat (2%) Greek yogurt, to serve (optional)

Directions

Step 1: Mix and Simmer

In a large saucepan over medium, heat olive oil. Add shallots and garlic. Cook, stirring often, just until tender, about 5 minutes. Stir in turmeric, salt, pepper, nutmeg and allspice. Cook, stirring often, for 2 minutes. Add cannellini beans and stock. Bring to a simmer and cook for about 10 minutes.

Step 2: Blend and Season

Add kale, spinach and cilantro to the saucepan. Bring to a simmer over medium heat and cook for 10 minutes. Working in batches, transfer soup to a blender or use an immersion blender. Secure lid on blender. Remove centerpiece of lid to allow steam to escape, and place a clean kitchen towel over the opening. Blend until smooth. Taste and adjust seasonings, if needed.

Step 3: Garnish and Serve

As an optional garnish, add a dollop of Greek yogurt and a cilantro leaf.

For more of Dr. Neison's recipes, [visit her Instagram page](#).