

Bean Soup with Kale

By Joseph Parish



Today, I am going to provide you with a tasty, and healthy bean recipe. As a person who prepares for any sort of emergency, one of the abundant food commodities which I stock up on are beans. I have plenty of different types of beans in my emergency pantry, and therefore I never hesitate to make a pot as I desire. My storage consists of regular dry beans, which require presoaking, and involve more time in preparation, along with canned versions of the same beans. In this recipe I will be using the canned beans. Beans are a perfect solution for a cold day's dinner. This eight-serving recipe takes approximately one hour to create and is sure to become a family delight.

Before I get into the actual recipe, I would like to do as I usually do, and tell a little bit about the historical aspects of the product that I am working with. The Navy bean has traditionally been a component of the famous Boston Baked Bean recipe. It has been found as an ingredient in the popular Senate Bean Soup listed as a daily menu item at the Senate restaurant. These beans have a texture and flavor which is similar to that of the Great Northern Ben.

The Navy Bean has previously been known by its alternate name of "white pea." Several thousand years ago, this particular bean variety originated in the South American country of Peru. The popular soup bean, was called a "Navy" bean from its popularity with the US Navy, in the 19th century. The military found that the bean was low in cost, full of nutritional value, and had a long storage life. With these attributes, the Navy began issuing the beans as a standard ration on the American warships.

In the event you are a gardener, then beans represent one of the simplest vegetables that you can grow. They are so simple, in fact, that basically you plant them, let them grow, and finally harvest them. Little care is required and they can supply an abundance of meals for a family.

As I close this brief historical aspect of the bean, I would like to spend a moment explaining how to prepare these nourishing vegetables. One frequent method of preparing these Navy Beans is by baking them in the oven. Britain, Canada, and the United States, possess a long-standing history of baking beans that it has been nicknamed, "Bean Town." In my case, I will be employing them in a soup mixture. Incidentally, one can of beans is equal to one and one-half cup of cooked beans. Now, without any further ado, I would like to present to you one of my favorite recipes, bean soup with Kale.

Ingredients

- 2 tablespoons of olive oil
- 1 cup of sliced carrots
- 1/3 cup of diced celery
- 2 cloves of chopped garlic
- 1 cup of chopped onions
- 2 teaspoons of crushed basil leaves
- 4 chicken flavored bouillon cubes
- 2 cans of drained and rinsed Navy beans
- 1 teaspoon of oregano
- 1 can of fire roasted diced tomatoes
- 4 cups of water
- Salt and pepper to taste
- 4 cups of Kale
- ½ cup of shredded Parmesan cheese

Instructions

Using a 5-quart cooking pot, heat the olive oil over medium heat. Add carrots, celery, garlic, and onions. Saute for approximately 5 minutes, until the onion is tender.

Stir in the basil, bouillon cubes, Navy Beans, oregano, tomatoes, 4 cups of water. Salt and pepper to taste at this time. Cover the pot and simmer for 45 minutes.

Increase the heat to a medium temperature and stir in the Kale. Cover again and cook for an additional 15 minutes. Make certain the Kale is wilted. Ladle the finished soup into bowls and top with the Parmesan cheese, and enjoy your meal.