

YIELDS: 4

Nutritious Spring Soup with White Beans

Have you been searching for a healthy way to use up some of your fresh spring produce? This soup is warm, bright and delicious! With asparagus, fresh peas, leeks and white beans, your family will love this fantastic spring soup.

PREP TIME	TOTAL TIME
10 Minutes	30 Minutes

Ingredients:

- 2 TBSP olive oil
- 1 C red onions, chopped
- 2 C leeks, rinsed and chopped
- 1 C celery, chopped
- 1 pinch of salt and pepper
- 6 C vegetable stock
- 2 TBSP nutritional yeast
- 1 TSP onion powder
- 1 C fresh peas
- 1 C asparagus
- 1 15.5 oz can of cannellini beans
- 2 C baby kale
- 4 TSP pesto
- 1 bunch of parsley, chopped for garnish

Instructions:

In a large dutch oven or stock pot, heat olive oil over medium heat. Add onions, leeks, celery and salt and pepper. Cook until soft, about 4-5 minutes.

Add vegetable stock, nutritional yeast and onion powder and bring to a boil. Reduce and simmer for 10 minutes.

Add fresh peas, asparagus and cannellini beans and cook until the peas and asparagus are just tender, about 5 minutes.

Remove from heat and stir in the kale and parsley.

Serve in 4 bowls and top with 1 TSP of pesto.

