

## White Bean & Kale Soup

This “recipe” is a perfect illustration of what I mean when I say that the question is not “how do I make white bean and kale soup?” The question is “how do I make *this* white bean and kale soup?” If you approach this soup 5 times you might add the ingredients in 5 different ways and end up with the exact same soup. Let’s see if we can explain that concept some more for you. There are only two main variables in this recipe; the beans and the kale. It’s almost impossible to pressure cook a bean to the same exact doneness each time. They’re always going to be slightly different.



Any white beans (I use navy most often)	1½ pounds
Kale	2 Bunches
Water	to cover+
Pacific Mushroom Broth	1 qt
Imagine No-Chicken Broth	1 qt
Better than Bouillon No-Chicken Base	(2 tsp) to taste
Onion	1 med
Celery	1 med stalk
Garlic	1 bulb
Mushroom Stems & Pieces	(4) 4oz cans
Carrots	1 pound
Bragg’s Aminos	(2 tsp) to taste
Black Pepper	to taste
Corn Starch Slurry if needed	as needed

Greens also change with the seasons. Sometimes they are tough and need an exceptionally long time to cook and other times they are tender as a newborn babies bottom and only need a warm breath to wilt down. You can’t simply follow a recipe on this one.

Pressure cook the beans for between 15-30 minutes, time will vary between different pressure cookers, white beans don’t need much time to tenderize, make sure you reserve the cooking liquid. Strip the stems away from the kale leaves if they are tough and pressure cook them for about 15 minutes and reserve that liquid as well. If you don’t have a pressure cooker not to

worry, both the beans and stems can be done in a regular pot. Give the beans a 40-90 minutes depending upon the type of specific bean you are using. Which ever cooking method you use refrain from salting the beans because this will impede the softening of the beans.

In an 8½ qt pot add the Mushroom Broth, No-Chicken Broth, No-Chicken Base, liquid from the cans of mushroom stem and pieces, and all the reserved cooking liquid and bring it to a boil with the onions, celery, and garlic. Now look at the beans and kale leaves and you decide which goes in first, sometimes the beans need a head start and other times the beans may be overcooked and the kale goes in first; Let the ingredients dictate the order. With only two very simple variables this is a great place to begin to learn the “conscious cooking” concept. Allow the ingredients to speak to you; just listen and follow their instructions. About ¾ of the way through finishing the beans and kale add the carrots and mushrooms. Add the Bragg’s Aminos and black pepper and you are done. If the finished product isn’t thick enough you can use a little cornstarch slurry to thicken it to the desired consistency. As an alternative you can pull out some of the beans and puree them and thicken the soup just with the beans.

This is an incredibly simple soup that never fails to warm the soul and always gets ovations!