

Tomato Orzo Soup with Kale



Time: 35 min.

Difficulty: Easy

Ingredients (6-8 People)

- Organic chopped tomatoes 26.6oz 26.60 oz
- **Ingredients**
 - Cloves garlic, minced 5-6
 - Cooked cannellini beans (or 1 can, drained and rinsed) 1 ½ cups
 - Freshly ground black pepper To taste
 - Large bunch kale, stems removed, leaves washed and chopped 1
 - Large white or yellow onion, chopped ¼ cup
 - Low sodium vegetable broth or water 5 cups
 - Olive oil 2 tablespoons
 - Orzo 8 ounces
 - Salt 1 teaspoon
 - Vegan parmesan or nutritional yeast 2 tablespoons

For this recipe we used:



Preparation

1. Heat the olive oil in a large pot over medium heat. When the oil is shimmering, add the onion. Sauté the onion for 5 minutes, stirring frequently, or until the onion is soft and clear. Add the garlic and sauté for another 1-2 minutes, or until the garlic is fragrant.

2. Add the *Pomi Organic Chopped Tomatoes*, broth or water, orzo, cannellini beans, and salt to the pot. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 15 minutes, or until the orzo is plump and tender, stirring once or twice during cooking.

3. Add the kale to the pot and cover. Once the kale has wilted down a bit, stir it into the soup and continue cooking the soup for another 8-10 minutes, or until the kale is completely tender. Taste the soup and adjust salt and pepper as needed; you can also add an extra cup of water if the soup has become too thick for your liking. (This dish can be stew-like or soupy, depending on one's preference.) Stir in the **vegan parmesan** or nutritional yeast. Serve.

- *The Full Helping*