

# Lemony Bean and Greens Soup

THE JAMES  
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Kitchen

**Serves:** 4-6

## Ingredients:

- 1 1/2 tablespoons olive oil
- 1 large onion, diced
- 1 large carrot, diced
- 1-3 cups greens, kale, collard greens, spinach, etc.
- Red pepper flakes (optional)
- 2 cloves garlic, minced
- 1 teaspoons finely grated ginger
- 1 teaspoon salt, or to taste
- 3 cups chicken stock
- 1 can 15-ounce, white beans, drained and rinsed
- 1/2 cup chopped fresh, soft herbs, such as parsley, mint, dill, basil, tarragon, chives
- 2 Tablespoons fresh lemon juice

## Directions:

1. In a large pot over medium-high heat, add oil and heat for about 30 seconds. Add onion and carrot, cook, stirring as needed, until very soft and brown at the edges, 7 to 10 minutes.
2. Meanwhile, rinse the greens and discard any hard stems. Tear or chop into bite-size pieces and set aside.
3. When the onion is golden, add red-pepper flakes, garlic, ginger, and 1 t salt if using. (If you want to add meat like raw, ground turkey, add it now and cook until brown and cooked through.)
4. Add stock and beans, and bring to a simmer. Let simmer until the soup thickens slightly, 15 to 25 minutes. If you like a thicker broth, you can smash some of the beans with the back of the spoon to release the starch. Or leave the beans whole for a brothier soup.
5. Add the greens to the pot and simmer until they are very soft. More delicate greens like spinach need virtually no cooking time, whereas heartier greens like kale and collards need several minutes to break down.

Note – I make this soup with less beans and add toasted farro. To toast farro, heat 1 teaspoon olive oil in sauté pan. When hot, add ¼ cup farro, stirring occasionally several minutes or until grain is starting to brown. Add to the soup in step 4. This will add approximately 30 grams carbs to whole pot of soup.

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