

Lemony White Bean Soup with Greens

½ Cup olive oil
3 large onions, diced
3 large carrots, diced
10-12 oz sturdy greens (kale, broccoli rabe, mustard or collard), chopped
3 Tbsp tomato paste
2-1/4 tsp cumin, plus more to taste
3/8 tsp red pepper flakes, plus more to taste
9 garlic cloves, minced
3 Tbsp finely grated fresh ginger
1 Tbsp kosher salt, plus more to taste
1-1/2 lbs ground turkey, OPTIONAL
3-4 quarts (12-16 cups) chicken or vegetable stock
6-15 oz. cans white beans, drained and rinsed
2 cups chopped fresh, soft herbs (parsley, mint, dill, basil, tarragon, chives, combo), leaves cut in bite-sized pieces
Fresh lemon juice to taste

Heat oil on medium-high. Add onion. Sauté 2-3 mins. Add carrot. Sauté 7 mins.

Add tomato paste, cumin, and red-pepper flakes. Stir. Sauté 1 min.

Add garlic, ginger, and salt. Stir. Add turkey (if using), breaking up meat with spoon, until turkey browns in spots, 4-7 mins.

Blend 3 cans beans.

Add stock, blended beans, and 3 remaining 3 cans of beans. Bring to boil. Reduce heat and simmer until thickened, 15-25 mins.

Add greens and simmer until soft (5-10 mins, longer for collards)

Stir in herbs and lemon juice. Taste. Add more salt, cumin, and/or lemon until broth tastes bright. Serve topped with a drizzle of olive oil and more red-pepper flakes, if desired.