

Hearty Tomato Soup with Beans & Greens



Garlicky kale and creamy white beans elevate simple canned tomato soup into a 10-minute lunch or dinner that really satisfies. Use a soup with tomato pieces for a heartier texture.

Ingredients

- 2 (14 ounce) cans low-sodium hearty-style tomato soup
- 1 tablespoon olive oil
- 3 cups chopped kale
- 1 teaspoon minced garlic
- ½ teaspoon crushed red pepper (Optional)
- 1 (14 ounce) can no-salt-added cannellini beans, rinsed
- ¼ cup grated Parmesan cheese

Directions

Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale.

Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes.

Divide the soup among 4 bowls. Serve topped with Parmesan.

Source: [Eating Well](#)