

# Kate's "Healthy Enough" White Bean Soup

Recipe by Kate McMillen of Laretta Jean's

Serves 12 | 20 minutes prep + 2-3 hour active cooking

A simple, satisfying dish from Laretta Jean's Kate McMillen, this Italian-ish white bean soup is perfect for cool evenings. It's full of good-for-you veggies, but there's enough parm involved to keep the whole thing feeling just indulgent enough.

**1 whole head + 5 minced  
cloves of garlic**

**1 tablespoon olive oil**

**2 large yellow onions**

**1 teaspoon fennel seed**

**¼ cup white wine**

**3 carrots, peeled & cut into  
coins**

**6 stalks of celery, chopped**

**2 teaspoons oregano**

**2 bay leaves**

**2 teaspoons flaky sea salt +  
more to taste**

**A couple of sprigs of fresh  
rosemary, finely diced**

**A couple sprigs of fresh sage,  
finely diced**

**Fresh ground pepper, to taste**

**Pinch of red pepper flakes**

**1lb of white beans**

**12 cups of stock or water  
or a combo of both**

**Parmesan cheese rind**

**1 bunch of kale**

**Parmesan cheese, to serve**

**Step 1** Preheat the oven to 350°.

**Step 2** Cut the top end off one head of garlic, drizzle with olive oil, season with salt and seal in a pouch of foil. Bake in the oven for 1 hour or until lightly browned and very tender, almost mushy.

**Step 3** Meanwhile, saute the onions for 10 minutes in a large soup pot. Add 4-5 cloves of minced garlic and 1 teaspoon of fennel seeds, then saute for another couple of minutes. Add ¼ cup of white wine to deglaze the pan.

**Step 4** Add the carrots, celery, oregano, bay leaves, salt, the rosemary & sage, a few grinds of fresh pepper, a pinch of red pepper flakes, the white beans, 12 cups of broth or water (or a combination of the two) and the parmesan rind. Simmer until the beans are tender, usually 2-3 hours.

**Step 5** When the beans are nearly done, strip the leaves from the stems of the kale. Finely chop the stems (about ¼") and roughly chop the leaves then add both to the soup.

**Step 6** Squeeze out the roasted garlic from the cloves and stir them into the soup.

**Step 7** Simmer until the kale is tender and the beans are fully cooked. Use the potato masher to mash some of the beans to your desired thickness. Add salt and pepper to taste. Drizzle with olive oil and top with freshly grated parm to serve.