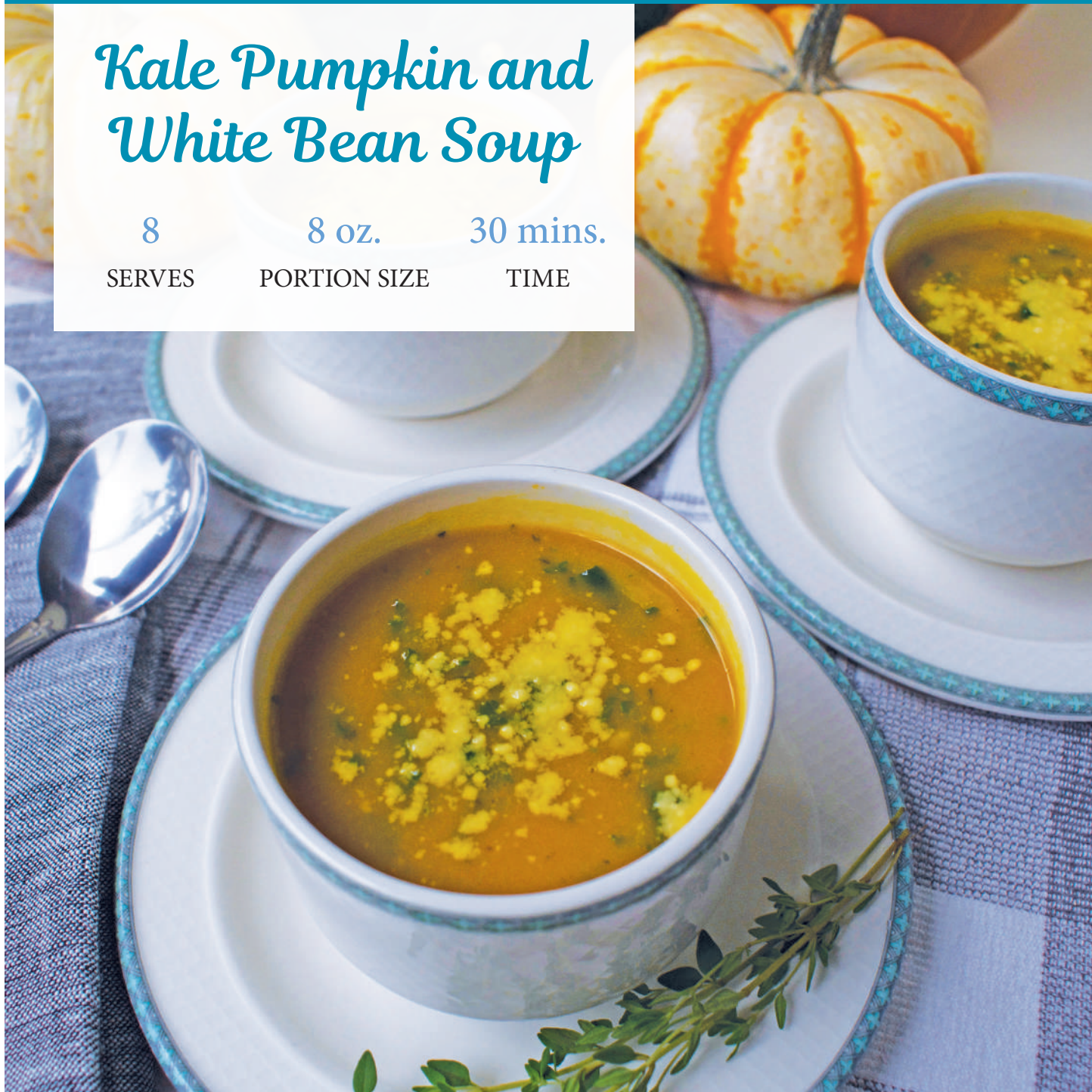


*Celebrate Westminster Thanksgiving*

# *Kale Pumpkin and White Bean Soup*

8	8 oz.	30 mins.
SERVES	PORTION SIZE	TIME



## *Chef Jason Ward* WESTMINSTER ST. AUGUSTINE

In New England where I grew up, there was a large Portuguese population famous for strong cuisine with bold flavors. One staple found in most homes is Portuguese soup. Making the soup is an all day event. The soup simmers on the stove and scents fill the house. Each time you stir, you gain appreciation for slow-cooked, flavorful dishes. This recipe combines the flavors and memories of my childhood. Admittedly, I modified the traditional recipe to make it my own. I hope you enjoy this recipe and share with your family and friends and make lifelong memories as it has for me.



# Kale Pumpkin and White Bean Soup

8 SERVES      8 oz. PORTION SIZE      30 mins. TIME

## Ingredients

- 2 tbsp. Olive oil
- 1 Medium onion, diced
- 3 Cloves garlic, minced
- 1. 100% Pure Pumpkin  
1 lb. 13 oz. can
- 2 tsp. Fresh thyme, minced
- 8 cups Chicken broth
- 15½ oz Canned white beans,  
drained (1 can)
- 1 tsp. Kosher salt
- ¼ tsp. Black pepper, freshly  
ground
- 1 lbs. Green kale, shredded
- 1 tbsp. Cider vinegar
- 4 tbsp. Parmesan cheese, grated

- Step 1* In a large pot, heat olive oil over medium heat. Add the diced onion and sauté, stirring occasionally for 2 minutes. Add the garlic and cook for an additional minute.
- Step 2* Mix chicken broth, canned pumpkin, thyme, onion and garlic in large pot.
- Step 3* Rinse the white beans in a fine-meshed sieve under cold running water, then add them to the pot. Sprinkle in the salt and pepper. Raise heat to high and bring the soup to a boil, then reduce to medium-low. Simmer for 20-25 minutes until the pumpkin is tender.
- Step 4* Add the kale to the pot all at once, stirring well to submerge it in the broth. Pour in the vinegar. Cook the soup for another minute or two to wilt the kale. Taste for seasoning and adjust if necessary.
- Step 5* Ladle the soup into bowls and garnish with a sprinkling of grated parmesan cheese.



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