

Cannellini Collard Soup

Sharon Benedict

Home & Harvest, Recipes for Healthy Living

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Servings: 6

Yield: 6 cups

*3 1/2 servings cannellini beans (equals Progresso can 15 oz), white kidney beans; also add liquid to soup
2 ounces cooked buckwheat pasta, cut about 2 inch lengths*

*5 1/3 ounces ground pork, 96% lean
1/4 cup chopped leeks
1/4 cup chopped green onions, or scallions*

1 cup frozen chopped collards, (10-oz) package

2 tablespoons olive oil

4 cloves garlic, finely chopped

1/4 teaspoon pepper

1/2 cup chopped cilantro

8 each black olives, chopped

3 cups water

1 1/2 teaspoons sea salt

1 tablespoon garlic powder

1/4 cup buckwheat pasta water, added to soup mix to provide some thickening

Optionally, you may want to grate a little parmesan cheese in soup bowls for an added flavor boost. But either way, the soup is great!

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Preparation Time: 30 minutes

In a 2 quart pan, add 4 cups water and buckwheat pasta. Cook pasta to 3/4 cooking time. While cooking pasta, prepare pork mixture (step 2) in a separate sautee pan.

Sautee leeks and onions in 1 tablespoon olive oil. Toss in 1/4 cup chopped cilantro, half of chopped garlic, 1/2 teaspoon salt. When turning translucent and slightly brown, add pork at medium high heat. Add balance if salt, pepper, garlic powder. Mix thoroughly until pork is cooked. Turn off heat and let sit while preparing other ingredients.

When pasta is 3/4 done, drain pasta but retain pasta water.

In a 3 quart pan, add water, cannellini beans, remaining cilantro, 1 tablespoon olive oil, remaining chopped garlic, buckwheat pasta, 1/4 cup of pasta water, and collards. Start to warm soup at medium high heat. Stir in pork mixture.

Cover soup pan and simmer on medium low or low heat for about 15 minutes. Stir occasionally. If you need more liquid in soup, add another 1/4 cup +/- pasta water or just water. Your preference.

As soup is simmering, taste test a couple times to decide if you want to add more cilantro, salt, pepper, and/or garlic.

Serve hot in soup bowls with your favorite slice of hot bread or crackers.

Had so much fun creating this recipe. Turned out better than I imagined!

Per Serving (excluding unknown items): 137 Calories; 7g Fat (41.1% calories from fat); 8g Protein; 13g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 667mg Sodium; 1g Total Sugars; trace Vitamin D; 107mg Calcium; 1mg Iron; 227mg Potassium; 114mg Phosphorus. Exchanges: .