

January 2015 Recipe

Pork, White Bean & Kale Soup



Kale is matched up here with white beans and chunks of lean pork tenderloin to create a soup that's satisfying and quick to make. Smoked paprika gives the soup a Spanish flair so some warm bread and sliced Manchego cheese would go well on the side

Makes: 6 servings, about 1 2/3 cups each: **Active Time:** 40 minutes **Total Time:** 40 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound pork tenderloin, trimmed and cut into 1-inch pieces
- 3/4 teaspoon salt
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 2 teaspoons paprika, preferably smoked
- 1/4 teaspoon crushed red pepper, or to taste (optional)
- 1 cup white wine
- 4 plum tomatoes, chopped
- 4 cups reduced-sodium chicken broth
- 1 bunch kale, ribs removed, chopped (about 8 cups lightly packed)
- 1 15-ounce can white beans, rinsed (see Tip)

Directions

1. Heat oil in a Dutch oven over medium-high heat. Add pork, sprinkle with salt and cook, stirring once or twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate with tongs, leaving juices in the pot.

2. Add onion to the pot and cook, stirring often, until just beginning to brown, 2 to 3 minutes. Add garlic, paprika and crushed red pepper (if using) and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits. Add broth and bring to a boil.
3. Add kale and stir just until it wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is just tender, about 4 minutes. Stir in beans, the reserved pork and any accumulated juices; simmer until the beans and pork are heated through, about 2 minutes.

Kitchen Tip

While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

Nutrition information

Per serving: 262 calories; 6 g fat (1 g sat, 3 g mono); 45 mg cholesterol; 26 g carbohydrates; 25 g protein; 7 g fiber; 627 mg sodium; 1024 mg potassium.

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