



## Bean and Kale Curry Soup

**Makes 14 1-cup servings (approximately .41 cents per serving)**

2 cups dried kidney beans, **soaked overnight and rinsed** (or 3 – 15.5 oz canned beans) (NOTE: Can also use garbanzo or pinto beans or combination.)

1 large onion, chopped

3 stalks celery, chopped

2 medium carrots, peeled and chopped

1 bunch kale, rinsed and chopped

3 sprigs fresh thyme (or ½ tsp dried)

½ TBS garlic, minced

½ tsp black pepper

1 tsp dried rosemary

1 tsp Italian seasoning

2 tsp curry powder

32 ounces vegetable broth

Fresh parsley, chopped (optional)

### Directions:

Add all ingredients, except parsley, into 4 quart crock pot. Add enough water to cover the ingredients (approximately 4 cups). Heat on “low” for 8-9 hours or until vegetables are tender. Garnish with chopped fresh parsley.

Recipe inspired by: Thippi Fleckenstein - noodleonthat

Nutrients per 1 cup serving:

141 calories

9.7 grams protein

24 grams carbohydrate

6.7 grams fiber

2.0 grams fat

232 mg sodium

**Market Baskets Program:** Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family’s tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People’s Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events. Nutrient analysis for this recipe provided by Wisconsin Nutrition Education Program UW Extension La Crosse County.

