

*I would probably use a different green than kale since I have a slight aversion to the stuff, based upon its overuse as well as the ridiculous hype surrounding it as some kind of "miracle food". Which is nonsense. There are no miracle foods.*

## The Washington Post

### Bacon, Kale and Bean Soup

- 8 ounces thick-cut bacon, cut into 2-inch pieces
- 2 small yellow or white onions (10 ounces total), finely chopped
- 3 cloves garlic, minced or finely grated
- 4 cups no-salt-added chicken broth, plus more as needed
- 1/3 cup tomato puree
- 1 teaspoon smoked paprika
- 2 bay leaves
- One (15 -ounce) can no-salt-added cannellini beans, rinsed and drained
- 3 1/2 ounces baby kale, roughly chopped (see NOTE)
- Fine salt
- Freshly ground black pepper
- Extra-virgin olive oil, for serving
- Warmed sourdough bread, for serving

#### Step 1

In a large pot over medium-high heat, cook the bacon until crisp, about 5 minutes. Drain all but about 2 tablespoons of the fat from the pot. Reduce the heat to medium, add the onions and garlic and cook, stirring occasionally, until the onions are softened and translucent, about 5 minutes.

#### Step 2

Add the chicken broth, tomato puree and paprika. Reduce the heat to medium-low and bring to a gentle simmer. Add the bay leaves and simmer for about 20 minutes.

#### Step 3

Add the cannellini beans and simmer for 5 more minutes. Add the kale and simmer until it has wilted and softened to your liking. Taste the soup, and season with salt and pepper, as desired.

#### Step 4

Ladle the soup into bowls, drizzle with olive oil and serve with sourdough on the side.

#### Notes

If you use lacinato (also known as Tuscan kale, dinosaur kale or cavolo nero) remove and discard the thick stems, coarsely chop the leaves and cook the greens until they reach the desired tenderness.

