



Vegetable Soup with Oats, White Beans, and Kale

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4

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60 min

Experience comfort in a bowl with a hearty vegetable soup, enriched with wholesome oats, creamy white beans, and nutrient-packed kale for a nourishing and flavorful meal.

Ingredients

- 1/2 cup [Quaker® Steel Cut Oats - Traditional](#)
- 3 cups water
- 2 tsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 zucchini, chopped
- 1 tsp thyme leaves, fresh
- 48 oz vegetable broth, unsalted
- 15 oz white beans, canned – drained and rinsed
- 2 tbsp parsley, fresh, minced
- 2 Lacinato kale leaves, cut into strips
- 1/4 tsp kosher salt
- 1/2 tsp black pepper

For Garnish – To Taste (Optional)

- Parmesan cheese, grated (~1 tsp)
- Basil, fresh cut into thin strips (~3/4 tsp)
- Extra virgin olive oil (~1/2 tsp)
- Red wine vinegar (~1/4 tsp)

Cooking Instructions

For the Quaker Steel Cut Oats

1. Bring to a boil in a small saucepot. Stir in oats and reduce heat to low.
2. Simmer uncovered over low heat, stirring occasionally, for 25 minutes.
3. Transfer oats to a strainer to strain off any excess liquid.
4. Rinse oats with cold water to remove excess starch.
5. Transfer oats to a bowl and reserve.

For the Soup

6. Heat oil in a medium pot over medium heat. Add in onions and cook until translucent, 4-5 minutes. Add in garlic, carrots, celery, and zucchini, and thyme and cook for an additional 3-4 minutes.
7. Add vegetable broth, cooked Quaker Steel Cut Oats, white beans, salt and pepper, and bring to a boil. Reduce heat and simmer for 20 minutes.
8. Add parsley and kale and continue to simmer just until the kale is wilted.
9. Ladle soup into bowls, garnishing with a drizzle of extra virgin olive oil, a splash of red wine vinegar, freshly grated Parmesan cheese, and fresh basil.