



**Prep time:** 1 hour

**What you need:**

- 1/3 cup celery, diced
- 1/2 cup onion, diced
- 1/3 cup carrots, diced
- 1 1/2 cups canned navy beans, no salt
- 1/2 pound smoked turkey, diced (1/2-inch pieces)
- 3 1/2 cups low-sodium chicken broth
- 1/8 teaspoon black pepper
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried thyme
- 1 1/2 cups kale, trimmed (without stems)
- Salt (optional)

**Equipment and supplies:**

- Strainer
- Large stockpot
- Measuring cups/spoons
- Oven/stove

**What to do:**

1. Saute celery, onions, and carrots in stockpot until softened.
2. Drain and rinse navy beans.
3. Place vegetables, turkey, and beans in stockpot.
4. Add chicken stock, pepper, parsley, and thyme. Bring to a boil.
5. Reduce burner to low heat and simmer for 30 minutes.
6. Cut fresh kale into small pieces and add to soup.
7. Simmer an additional 10 minutes. Serve immediately. Salt to taste.

**How much does this recipe make?**

Six servings