

INGREDIENTS FOR 6-8 SERVINGS

Sauvignon Blanc



Belgian Ale

- 1 Tablespoon Extra Virgin Olive Oil
- 1 Large Sweet Onion, Diced
- 6 Ribs Celery, Small Diced
- 16 Ounce Bag Baby Carrots, Sliced
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Coarse Ground Black Pepper
- 2 Cloves Garlic, Minced
- 32 Ounces Vegetable Broth
- 14.5 Ounce Fire Roasted Diced Tomatoes
- 15.5 Ounce Great Northern White Beans, Drained & Rinsed
- 15.5 Ounce Garbanzo Beans, Drained & Rinsed
- ½ Teaspoon Oregano
- ½ Teaspoon Thyme
- 1 Bunch Green Kale, Stems Removed & Chopped
- Grated Parmesan Cheese

**PREPARATION**

In a lined slow cooker, add all the ingredients minus the kale and Parmesan cheese. Cover and cook on low for 4 hours or until veggies are tender. Add chopped kale and allow to sit for 3 to 5 minutes. Add additional seasoning if desired. Top each bowl with Parmesan cheese before serving.

IP Method: Sauté onions, celery and carrots for 5 minutes. Add all remaining ingredients minus kale and Parmesan cheese. Cook on high pressure for 7 minutes quick release. Stir in kale. Top soup bowl with Parmesan cheese.