

Garlic Leek White Bean Recovery Soup

Serving 2

Prep Time 20 minutos

Ingredients

1 tablespoon olive oil

1 large leek, white and light green parts only, sliced

4 garlic cloves, minced

1 cup chopped celery

1 teaspoon dried thyme

1 can (15 oz) white beans, drained and rinsed

4 cups vegetable broth

2 cups chopped kale or spinach

Juice of ½ lemon

Salt and pepper to taste

Instructions

Heat olive oil in a large pot over medium heat.

Add sliced leeks and garlic, sauté until soft and Soft .

Stir in celery and thyme, cook for a few more minutes.

Add white beans and vegetable broth, bring to a boil.

Reduce heat and simmer for 10 to 15 minutes.

Add kale or spinach and cook until wilted.

Stir in lemon juice, season with salt and pepper.

Serve warm.

Health Benefits

Leeks and garlic support immune health and provide natural antimicrobial properties.

White beans are high in protein and fiber, supporting energy and gut repair.

Leafy greens like kale are rich in minerals and antioxidants.

This soup is gentle on digestion and ideal for post-illness recovery.