

Vegetable Soup with Oats, White Beans, and Kale



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)

How to make it

[title]For the Quaker Steel Cut Oats

2. Bring to a boil in a small saucepot. Stir in oats and reduce heat to low.
3. Simmer uncovered over low heat, stirring occasionally, for 25 minutes.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	60 min	70 min	4

Made with



Quaker® Steel Cut Oats - Traditional

4. Transfer oats to a strainer to strain off any excess liquid.
5. Rinse oats with cold water to remove excess starch.
6. Transfer oats to a bowl and reserve.

[title]For the Soup

8. 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.
9. 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.
10. Add parsley and kale and continue to simmer just until the kale is wilted.
11. 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.