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Pork, White Bean & Kale Soup

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Ingredients

- 1 tablespoon oil, olive, extra virgin
- 1 pounds pork, tenderloin, trimmed and cut into 1-inch pieces
- 3/4 teaspoon salt
- 1 medium onion(s), finely chopped
- 4 clove(s) garlic, minced
- 2 teaspoon paprika, smoked
- 1/4 teaspoon pepper, red, crushed, or to taste, (optional)
- 1 cup(s) wine, white
- 4 medium tomato(es), plum, chopped
- 4 cup(s) broth, reduced-sodium chicken
- 1 bunch(es) kale, ribs removed, chopped, (about 8 cups lightly packed)
- 15 ounce(s) beans, white, rinsed

Preparation

1. Heat oil in a Dutch oven over medium-high heat. Add pork, sprinkle with salt and cook, stirring once or twice, until no longer pink on the outside, about 2 minutes. Transfer to a plate with tongs, leaving juices in the pan.
2. Add onion to the pan and cook, stirring often, until just beginning to brown, 2 to 3 minutes. Add garlic, paprika and crushed red pepper (if using) and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and tomatoes, increase heat to high and stir to scrape up any browned bits. Add broth and bring to a boil.
3. Add kale and stir just until it wilts. Reduce heat to maintain a lively simmer and cook, stirring occasionally, until the kale is just tender, about 4 minutes. Stir in beans, the reserved pork and any accumulated juices; simmer until the beans and pork are heated through, about 2 minutes.