

Dinner

Fall Harvest Soup

20 Mins
Prep Time

35 Mins
Cook Time

4
Servings

 **151 Calories** **3g Fat** **25g Carbs** **8g Protein**



Ingredients

 **4 Servings** • **Approx. 1½ Cups Serving Size**  **55 Mins Total Time**  **Allergens: Dairy, FODMAPs**

1 Tbsp Olive Oil

1 Yellow Onion, finely chopped

2 Cloves of Garlic, minced

1 Red Bell Pepper, seeded and chopped

1 Tbsp Fresh Rosemary, minced

¼ Tsp Red Pepper Flakes

1 Bag (10 oz) Frozen Butternut Squash 

4 Cups Low-Sodium Chicken Broth

1 Can (15 oz) Cannellini Beans, rinsed and drained 

1 Parmesan Cheese Rind (optional)

1 Bunch Lacinato Kale, washed and roughly chopped 

Salt and Pepper, to taste

Nourishment Note!



Butternut Squash

Butternut squash is a great source of vitamin A, potassium and fiber. It also provides folate, vitamin B-6, and vitamin E, all of which are especially important for those with RA.



Cannellini Beans

Cannellini beans are rich in folate, an important nutrient for those with RA as certain types of drugs increase your folate needs.



Kale

Kale is an incredible source of vitamin K and may also help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.

Instructions

1. Sauté Vegetables

Add oil to a large saucepan over medium heat. When oil is hot, add the onion, garlic, red pepper, rosemary, and red pepper flakes. Sauté until the onion and red pepper are tender, about 8 minutes.

2. Add Squash

Add the squash and season with salt and pepper. (If using fresh squash, cook, stirring occasionally, until the squash begins to soften, about two minutes.)

3. Boil & Simmer

Add the chicken broth, beans and parmesan cheese rind. Bring to a boil, then reduce the heat to medium-low and simmer, stirring occasionally, for 20-25 minutes.

4. Add Kale

Add the kale and simmer until wilted, about 2 minutes.

5. Serve and Enjoy!

Salt and pepper, to taste. Thin with more broth if desired.

Recipe adapted from [williams-sonoma.com](https://www.williams-sonoma.com)

Allergen Swap

Dairy Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome

FODMAPs Onions: Quarter onions and allow to flavor the soup. Remove before eating; Garlic: Place garlic in cheese cloth tied with kitchen twine and let simmer in soup, remove before eating; Cannellini Beans: Replace with garbanzo beans

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Saucepan



Spoon



Ladle



Can Opener

RA Cooking Tips

Squash & Onions: Purchase frozen or pre-chopped, fresh butternut squash and onions.

Kale: Use a kale and herb stripping tool to strip the kale leaves off the ribs. Use a mezzaluna to chop rosemary and kale.