



Kale Soup

...healthy and delicious!

- from Denise's Kitchen

Ingredients:

2 tbsp of olive (or coconut) oil
1 large organic onion, chopped
2 tbsp of minced organic garlic
1 bunch of freshly chopped organic kale (stems removed)
3 (32 oz) cartons of organic vegetable broth
1 (14.5 oz) can of diced organic tomatoes, undrained
3 - 4 medium to large organic red potatoes, cubed with skin on
2 (15 oz) cans cannellini beans, undrained
4 organic carrots, sliced (optional)
1 heaping tbsp of organic Italian seasoning
1 heaping tbsp of dried organic parsley
1/4 tsp of black pepper
Sea salt to taste

Directions:

Cook the onion & garlic in the oil, using a very LARGE soup pot. Once the onion is rather soft, add the kale & cook it until it is wilted (about 5 min.). Add 2 cartons of broth, tomatoes, potatoes, beans, carrots (if desired), Italian seasoning, parsley, salt & pepper. Simmer for 25-30 minutes until the potatoes are just cooked, but not mushy. Add more broth, if necessary. Serve with your favorite bread and enjoy! Beware...your guests will probably want a second helping!