

KALE SOUP WITH SWEET POTATOES

INGREDIENTS

- 4 CUPS CHOPPED KALE
- 4 SWEET POTATOES (PEELED & CUT INTO THICK SLICES)
- 1/2 CUP CHOPPED WHITE ONION
- 1 TEASPOON SAFFLOWER OIL
- 6 CUPS VEGETABLE BROTH (NATURAL OR CANNED)
- SALT & PEPPER TO TASTE

PREPARATION

1. Place soup pot on the stove, add oil, safflower and parboiled onion.
2. Add the potato slices and chopped kale. Season with salt and pepper and add the vegetable broth. Cover and cook the soup for 15 to 20 minutes or until the potato is tender.
3. Soup is ready to serve. For extra enjoyment, add rice or some diced avocado. Happy eating!