

Super Energy Kale Soup

This recipe combines the comfort of soup on a blustery day with superior nutrition from extra vegetables. This quick and easy version of potato kale soup has more flavor and nutrition and takes little time to prepare. This soup has only 98 calories per serving, is an excellent source of vitamins K, A, and C and a very good source of fiber (4 g per serving), potassium, and manganese.

Prep and Cook Time: Prep and cooking time: 40 minutes

Ingredients:

- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 5 cups chicken or vegetable broth
- 1 medium carrot diced about ¼ inch cubes (about 1 cup)
- 1 cup diced celery
- 2 red potatoes, diced into ½ inch cubes
- 3 cups kale, rinsed, stems removed, and chopped very fine
- 2 tsp dried thyme
- 2 tsp dried sage
- salt and pepper to taste

Directions:

1. Chop garlic and onions and let sit for 5 minutes to bring out their hidden health benefits.
2. Heat 1 TBS broth in a medium soup pot.
3. Healthy Sauté onion in broth over medium heat for about 5 minutes stirring frequently.
4. Add garlic and continue to sauté for another minute.
5. Add broth, carrots celery, and bring to a boil on high heat.
6. Once it comes to a boil reduce heat to a simmer and continue to cook for another 5 minutes. Add potatoes and kale and cook until potatoes are tender, about 15 more minutes.
7. Add rest of ingredients and cook another 5 minutes. If you want to simmer for a longer time for extra flavor and richness, you may need to add a little more broth.

Serves 4

Resource: Worlds Healthiest Foods: www.whfoods.com