Recipe of the Week

Potato and Kale Soup

Ingredients:
- 2 tablespoons olive oil
- 2 cups chopped yellow onion (about 1 large onion)
- 1½ cups chopped carrots (about 3 carrots)
- 1½ cups chopped celery (about 3 stalks)
- 4 cloves garlic, minced
- 1 tablespoon whole fennel seeds
- Sea salt & pepper, to taste
- 1 can (15 ounce) white beans, rinsed & drained
- 6 cups cubed (about 1-inch pieces) potatoes
- 4 cups chopped kale (about 1 bunch)
- 4 cups low-sodium vegetable broth
- 4 cups water

Toppings:
- 6 ounces low-fat Greek yogurt
- ½ cup chopped fresh chives

Directions:
1. Sauté oil, onion, carrots, celery, garlic, fennel seeds, salt and pepper for 8 minutes.
2. Puree beans until smooth and stir into veggie mixture.
3. Add in potatoes, kale, broth and water.
4. Bring to boil, cover and simmer for 20-30 minutes, until potatoes are tender.
5. With hand blender, puree 50 percent of the soup until smooth.
6. Top each serving with dollop of yogurt and chopped chives.

Serves 12
170 calories, 3.5 g fat, 0 g saturated fat, 31 g carbohydrate, 6 g fiber, 5 g protein, 190 mg sodium
Source: Academy of Nutrition and Dietetics