



*Simple,
Seasonal,
Sustainable*

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

