

Kale Soup

This mild, earthy tasting soup, with its crunchy texture, is a 4Leaf Team favorite. An added bonus is that the recipe should make enough for an entire week!

Ingredients:

- 1 small onion, diced
- 4 cloves garlic, minced
- 1 large bunch kale with stems removed and leaves roughly chopped
- 2 15oz. cans unsalted diced tomatoes
- 1 15oz. can unsalted kidney beans, rinsed*
- 1 15oz. can unsalted pinto beans, rinsed*
- 1 qt. low sodium vegetable broth
- 4-6 cups brown rice, bulgur wheat, quinoa, or wheat berries

*You may substitute other types of beans, if desired.

Instructions:

1. Using a large pot (at least 8 quart), sauté onion on medium heat for 5-7 minutes. If sautéing, use any liquid like water or vegetable broth.
2. Add garlic and sauté for about 2 minutes.
3. Stir in kale and cook 5-7 minutes, or until leaves are wilted, tossing occasionally. Add water, if needed, to prevent burning.
4. Add diced tomatoes, beans, vegetable broth, and about 10 cups of water, or enough to cover the ingredients. Season with salt and pepper, if desired.
5. Cover, reduce heat to medium-low, and simmer for 45 minutes.
6. Add desired amount of your whole grain of choice to your bowl and top with soup.

