

Sweet Potato Kale Soup

This soup is the perfect comfort food for those cold days at the end of winter. It's easy to make, full of nourishing ingredients, and simply delightful!

Ingredients:

- 2 medium sweet potatoes (about 2 lbs), peeled and cut into $\frac{3}{4}$ inch cubes
- $\frac{1}{2}$ cup carrots, chopped
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ cup onion, chopped
- 2 pints grape tomatoes
- 5 cloves garlic, sliced
- 2 cups corn (frozen or canned)
- 2 bunches kale, ribs removed and thinly cut
- 1 15.5oz. can chickpeas, drained and rinsed
- 1 15.5oz. can black beans, drained and rinsed
- 4 cups low sodium vegetable broth
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp grated or ground nutmeg
- 1 Tbsp thyme
- 1 Tbsp paprika
- Salt and pepper to taste

Instructions:

1. In a large pan, add liquid of your choice (to prevent burning), sweet potatoes, cinnamon, nutmeg, and a pinch of salt. Cook for 3-4 minutes or until golden brown, then flip to the other side for about two minutes. Transfer to plate.
2. In the same pan, add liquid of your choice, carrots, celery, onion, tomatoes, and $\frac{1}{2}$ tsp each of salt and pepper. Cook for 15 minutes, stirring once or twice. When tomato skins begin to blistered, gently push down on them with a spoon to flatten.
3. Plate a pot over low heat and add the vegetables, thyme, paprika, garlic, corn, kale, beans, and vegetable broth. Stir to combine, then added enough water to just cover the ingredients (if needed).
4. Cover and cook until kale is just tender, about 15 minutes. Season with salt and pepper.
5. Add reserved sweet potatoes and stir enough to reheat them. Enjoy!

