

Recipe: Potato Kale Soup

Serves: 6-8

Ingredients:

1 Tbsp olive oil
1 Tbsp unsalted butter
2 cups chopped onions
2 leeks, white and light green part only, thinly sliced
6 cups of water
4 medium potatoes cut into $\frac{3}{4}$ inch cubes
2 Tbsp minced fresh parsley
3 carrots, peeled
3 celery stalks
2 bay leaves
1 tsp salt
 $\frac{1}{4}$ tsp freshly ground pepper
 $\frac{1}{2}$ pound of kale (about 4 cups chopped)

Directions:

1. Heat oil and butter in 7 quart soup pot over medium heat. Saute onions and leeks for 10 to 15 minutes, until golden, soft and sweet.
2. Add the water, potatoes, parsley, whole carrots, whole celery stalks, bay leaves, salt and pepper. Bring to a boil. Reduce heat to medium low, cover and simmer for 45 minutes.
3. While soup is cooking, wash kale and strip leaves off the stalks. Discard stalks and chop leaves into bite-size pieces. Bring 2 cups of water to a boil in a 10-12 inch skillet with a tight-fitting lid. Add the kale and cook, covered, over high heat, stirring occasionally, until tender, approx 5 minutes. Remove and drain, saving the cooking water to drink.
4. Remove the carrot and celery pieces and bay leaves from the soup. Puree half the soup in a food processor or blender. Return blended portion back to pot, stir in cooked kale and heat through. Season to taste with salt and pepper.

*excerpted from Glorious Greens Cookbook

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
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