



**A TASTE
OF**

INSPIRATION

Hot Peppa Kale Soup

Ingredients

- 2 Tablespoons olive oil
- 3 Sauce Spoons of LAiRIE Hot Peppa
- 1 yellow onion (chopped)
- 2 Cloves of finely chopped Garlic
- 200g fresh Kale leaves chopped to desired size
- 8 Cups of water
- 3 Tablespoons of LAiRIE tropical Seasoning
- 1 Chopped Tomato
- 300g Potatoes Cubed (Keep the skin on for texture and nutrition)
- 235g Butter beans (Drained or soaked overnight from fresh)
- 2 teaspoons cilantro parsley
- Salt to taste

Method

Heat olive oil in a large soup pot; Cook the onion and garlic until soft.

Stir in the kale and cook until wilted.

Add water and stir in LAiRIE Hot Peppa and LAiRIE tropical seasoning, allow to reach boiling, then add potatoes, butter beans, and tomato and allow to simmer for 25 minutes or until ingredients have softened.

Once ready season with Salt to taste and garnish with your choice of herb

