

# Curried Sweet Potato

## with Farro, Kale, and Chickpea Soup

This hearty and flavorful soup combines sweet potatoes, farro, kale, and chickpeas with a blend of spices for a warming and nutritious meal. The addition of Adagio's Masala Chai tea adds a rich, spiced depth to the soup.

**PREP TIME:** 20 minutes

**COOK TIME:** 40 minutes

2 T olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 T ginger, minced  
2 med sweet potatoes, peeled and cubed  
1 C farro  
1 can (15 oz) chickpeas, drained and rinsed  
4 C vegetable broth  
2 C water

1 bunch kale, stems removed, and leaves chopped  
1 T curry powder  
1 † ground cumin  
1 † ground coriander  
1/2 † ground turmeric  
1/4 † cayenne pepper  
Salt and pepper to taste  
1 T Adagio's Masala Chai tea

**IN A LARGE POT**, heat the olive oil over medium heat. Add the onion, garlic, and ginger, and sauté until fragrant, about 5 minutes.

**ADD THE SWEET POTATOES**, farro, chickpeas, vegetable broth, and water. Bring to a boil.

**REDUCE HEAT** and simmer for 20 minutes, or until the sweet potatoes and farro are tender.

**STIR IN THE KALE**, curry powder, cumin, coriander, turmeric, cayenne pepper, salt, and pepper.

**ADD THE MASALA CHAI** tea and simmer for an additional 5 minutes.

**ADJUST SEASONING** to taste before serving.