

Sweet Potato Kale Soup



Servings: 4

3 tablespoons unsalted butter
4 garlic cloves, minced
3 leeks (white and light green parts only), chopped
1 onion, chopped
1/4 teaspoon salt
1/2 teaspoon black pepper
2 sweet potatoes, cut in 1-inch cubes
4 1/2 cups vegetable stock
2 cups kale, chopped

In a large pot melt the unsalted butter.

Add the garlic, leeks, onion, salt, and pepper.
Cook until softened about 6 minutes.

Stir in the sweet potatoes.

Add the vegetable stock and bring to a boil.
Reduce to a simmer and cook for 8 minutes or
until the sweet potatoes are tender.

Remove 1 cup of soup and put aside.

Using an immersion blender blend the soup until
smooth.

Add the 1 cup of soup back to the pot and add
the kale. Cook until softened about 4 minutes.

Serve

Per Serving (excluding unknown items): 164 Calories; 9g Fat (47.8% calories from fat); 3g Protein; 20g Carbohydrate; 3g Dietary Fiber; 23mg Cholesterol; 925mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 69mg Calcium; 1mg Iron; 361mg Potassium; 59mg Phosphorus.
Exchanges: .