

Irish Potato and Kale Soup



Servings: 6

3 tablespoons unsalted butter
4 garlic cloves, minced
3 leeks (white and light green part only), sliced
1 onion, chopped
1/4 teaspoon salt
1/2 teaspoon black pepper
2 russet potatoes, cut in 1-inch cubes
1/2 cup water
4 cups chicken stock
2 cups kale, chopped
grated cheddar cheese

In a large pot melt the unsalted butter.

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

Stir in potatoes and 1/2 cup of water.

Add chicken stock and bring to a boil. Reduce to a simmer and cook for 8 minutes.

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.

Ladle into bowls.

Serve hot with grated cheddar cheese on top.

Per Serving (excluding unknown items): 205 Calories; 8g Fat (34.3% calories from fat); 7g Protein; 28g Carbohydrate; 2g Dietary Fiber; 20mg Cholesterol; 344mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 69mg Calcium; 2mg Iron; 608mg Potassium; 112mg Phosphorus. Exchanges: .