

Kale Vegetable Soup

Ingredients:

- 2 TBSP olive oil
- 1 onion chopped
- 2 TBSP chopped garlic
- 1 bunch kale, remove stems & leaves chopped
- 2 cups of carrots
- 6 potatoes, peeled and cubed
- 2 cans of white beans (15oz)
- 1 can of chopped tomatoes (15oz)
- 8 cups of vegetable broth
- 2 TBSP italian seasoning
- Optional: pesto & grated parmesan



Directions:

1. Heat olive oil in a large soup pot
2. Add onion & garlic 2-3 minutes
3. Stir in kale, cook until wilted
4. Add vegetable stock
5. Add potatoes & carrots
6. Add beans & tomatoes
7. Add italian seasoning
8. Simmer until carrots & potatoes are cooked
9. Season with salt & pepper
10. Top with pesto, parlsey & grated parmsean cheese