

Smoky Kale Soup

Nutritional information on back.



Fold or cut here to fit in recipe box.

Smoky Kale Soup

- 2 Tbsp. extra virgin olive oil
- 1 cup diced red onion
- 2 garlic cloves, chopped
- 8 cups curly green or red kale, stemmed and chopped (see note)
- 4 cups fat-free reduced-sodium chicken broth
- ½ lb. yellow-fleshed potatoes, peeled and cut in ¾" cubes
- 1 (14½ oz.) can no-salt added diced tomatoes
- 1 tsp. Spanish paprika (Spanish pimentón)
- Salt and ground black pepper

In small Dutch oven or large saucepan, heat oil over medium-high heat. Add onion and cook, stirring occasionally, until translucent, 5 minutes. Add garlic and cook, stirring often, until onion is soft, 3 minutes. Add half the kale and stir to coat with oil. Cook until kale has collapsed, 3 minutes, stirring occasionally. Add remaining kale and cook until collapsed, 2 minutes. Add broth. Bring liquid to a



boil, reduce heat, cover and simmer for 20 minutes. Add potatoes, tomatoes and paprika. Cover and simmer until potatoes and kale are tender, about 20 minutes longer. Season soup to taste with salt and pepper. Makes 6 servings.

Nutritional information per serving

150 calories, 5 g total fat (1 g saturated fat), 23 g carbohydrate, 5 g protein, 4 g dietary fiber, 350 mg sodium

Note:

To stem kale, hold the leaf in one hand with stem pointing up and fold the leaf closed like a book. Firmly holding the leaf, with your other hand and starting at the base of the leafy part, pull the stem away.