

## From Lisa's Kitchen...Andrew's 4Leaf Kale Soup



### Ingredients:

- 1 small onion or 1/2 of a large onion, diced
- 4 cloves of garlic, minced or chopped
- 1 large bunch of kale, or two small, stems removed, and leaves roughly cut up
- 2 15 oz. cans of unsalted diced tomatoes or fresh tomatoes
- 1 15 oz. can of unsalted black beans, rinsed
- 1 15 oz. can of unsalted kidney beans, rinsed
- 1 15 oz. can of unsalted pinto beans, rinsed (you may substitute the types of beans if desired)
- 1 qt. of low-sodium vegetable broth
- 4 - 6 cups of brown rice, bulgur wheat, quinoa, or wheat berries (or any whole grain of your choice)

### Directions:

1. Using a large pot (8 quart plus), saute or steam onion on medium heat for about 5-7 minutes. You can forgo the cooking spray and use any type of liquid, such as water.
2. Add garlic and saute or steam for about 2 minutes.
3. Stir in kale and cook 5 to 7 minutes, or until leaves are wilted, tossing occasionally. Add water if needed to prevent burning. (I strip the leaves off of the stem with my hands and then rip the leaves into small pieces).
4. Add diced or fresh tomatoes, beans,

vegetable broth and about 10 cups of water, or enough of water to cover ingredients; season with salt and pepper, if desired.

5. Cover, reduce heat to medium-low, and simmer for 45 minutes.
6. Add desired amount of your whole grain of choice to your bowl and then add soup. (You may also wish to leave out the whole grain if you choose to have a less hearty meal).
7. Enjoy! enjoy!

This mild, earthy tasting soup, with its crunchy texture, is our son, Andrew's favorite dish. He asks for it all of the time! How many kids ask for kale, let alone even know what it is! Not to mention kale is one of the super-foods. This recipe will make you enough for the entire week!

*Scoring high in the 4Leaf range with well over 80% of its calories from whole, plant-based foods. Contains zero animal products*

Let me hear from you [lisa@4leafprogram.com](mailto:lisa@4leafprogram.com)  
From Lisa with love...



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