

Sweet Potato Kale Soup – From Lisa's 4Leaf Kitchen

This soup is the perfect comfort food for those cold days left in March. It's easy to make, full of nourishing ingredients and simply delightful!



Ingredients:

- 2 medium sweet potatoes (about 2 pounds), peeled and cut into 3/4 cubes
- 1/2 tsp. ground cinnamon
- 1/4 tsp. grated or ground nutmeg
- 1/2 cup carrots, chopped (about 1 large)
- 1/2 cup celery, chopped (about 1 stalk)
- 1/2 cup onion, chopped
- 2 pints grape tomatoes
- 1 Tbsp thyme
- 1 Tbsp paprika
- 5 cloves garlic, sliced
- 2 cups corn (frozen or canned)
- 2 bunches kale (about 1 1/2 pounds), ribs removed and thinly cut
- 1 (15.5 ounce) can chickpeas, drained and rinsed or cook dried chickpeas
- 1 (15.5 ounce) can black beans, drained and rinsed or cook dried black beans
- 4 cups low-sodium vegetable broth
- salt and pepper to taste



Directions:

1. In a large pan, add liquid of your choice to prevent burning, sweet potatoes, cinnamon, nutmeg and a pinch of salt. Cook for about 3-4 minutes or golden brown in color and then flip to the other side for about 2 minutes. Transfer to plate.
2. In the same pan, add liquid of your choice, carrots, celery, onion, tomatoes and 1/2 tsp. each salt and pepper. Cook for 15 minutes, stirring once or twice. When tomato skins begin to blister, gently push down on them with a spoon to flatten.
3. Place a pot over low heat, and add the vegetables, thyme, paprika, garlic, corn, kale, beans and vegetable broth. Stir to combine, then add water just to cover (if needed). Cover and cook until kale is tender, about 15 minutes. Season with salt and pepper.
4. Add reserved sweet potatoes and stir to reheat potatoes.
5. Enjoy!



Let me hear from you lisa@4leafprogram.com

www.4leafprogram.com