

Cook Kale, White Bean, and Potato Soup

This soup is hearty, nutritious, and packs just the right amount of heat, thanks to chili-spiced tomatoes. Perfect on a chilly fall or winter day, it's as warm and comforting as a wool blanket and a cup of hot cocoa. Feel free to add any additional vegetables you have on hand—carrots, red bell peppers, corn, zucchini, and yellow squash all work well in this soup.

What You Need:

- Vegetable oil
- 2 bunches kale, torn into pieces with ribs removed
- 2 zucchini, diced
- 2 cloves garlic, minced
- 1 onion, diced
- 1 ½ cups peeled potato, diced
- 1 10-ounce can diced tomatoes with green chiles
- 1 15-ounce can white beans, drained and rinsed
- 2 32-ounce boxes gluten free chicken stock
- ½ teaspoon Italian seasoning
- Salt and pepper to taste



What You Do:

1. Heat a little bit of vegetable oil in a large pot over medium-low heat, then add the onion and let them sweat until soft and translucent, about 4 minutes. Add the garlic and cook 1 minute more.
2. Have your child add the zucchini and potatoes to the pot, then carefully pour in the chicken stock.
3. Add the tomatoes, Italian seasoning, and salt and pepper and stir everything together.
4. Help your child add the kale in batches to the pot until it wilts down enough for all of it to fit with the lid on.
5. Bring the soup to a boil, then lower the heat and let simmer, covered, for 30-40 minutes or until the kale is tender.
6. Stir in the beans and allow to simmer for another minute or so until the beans are warm.
7. Enjoy it while it's hot!

Try a bowl of this soup with a sprinkling of fresh cilantro and a dollop of sour cream. Mmmm!

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