

Kale Potato Soup

1 large bunch Kale (chopped) – Steam and set aside.

1 tblsp Butter, 1 large Onion (chopped), **1 clove Garlic** (minced)

– Melt butter in soup pot. Add onion and sauté until golden. Add garlic and sauté another minute.

2 large Potatoes (diced), **2 cups/500 ml Hot Water** or **Broth** –

Add, bring to boil, reduce heat and simmer till potatoes are soft.

Remove half of cooked potatoes; purée rest with cooking liquid and return to soup pot. Return reserved potatoes and steamed kale to soup pot and purée if desired.

3 cups/750 ml Water or **Broth**, **½ tsp Salt** or **to Taste, Pepper to**

Taste – Add along with additional hot water or milk to preferred consistency. Heat gently until hot and serve.

*Taken from **Simply in Season** by Mary Beth Lind and Cathleen Hockman-Wert*