

SPICY TOMATO KALE SOUP

This quick soup recipe is one of my absolute favorite comforting meals. I can't even begin to tell you all of the many reasons I love this soup – it is really easy to make, lasts for a few days, freezes well, can feed a crowd, everyone loves it... I could go on and on.



INGREDIENTS

- 1 tsp of olive oil
- 1 white onion chopped
- 4 carrots peeled and chopped
- 2 garlic cloves minced
- 1 tsp sea salt
- ½ tsp black pepper
- ½ red pepper flakes
- 1 tbsp fresh rosemary
- 1 tbsp fresh basil
- 1 tbsp fresh sage
- 1 bay leaf
- 24 ounces of pureed tomatoes
- 1 quart of vegetable broth
- 1 can of Eden Farms cannelloni beans strained and rinsed
- 2 cups water
- 1 bunch of kale chopped



SPICY TOMATO KALE SOUP (CONTINUED)

METHOD

1. Heat olive oil on medium heat in a large pot.
2. Add onion and carrots and cook for about 4-5 minutes.
3. Add garlic next and cook another 2 minutes.
4. Add spices, broth, water, and tomatoes to pot and bring to a boil.
5. Once soup is at a boil, reduce to simmer and add beans.
6. Simmer soup for 25 minutes.
7. Discard bay leaf and puree soup using a hand blender.
8. Add chopped kale to pureed soup and stir into pot.