

"The Local Buy" Recipe, Episode 706

Creamy Potato and Tomato Kale Soup

Courtesy of SevaTruck

Prep Time: 15 mins

Cook Time: 25 mins

Yield: 8

Ingredients

- 5 tablespoons olive oil
- 1 large yellow onion, roughly chopped
- 2 garlic cloves, minced
- 1 cup of fresh crushed tomatoes
- 3 large potatoes, peeled and roughly chopped
- 8 cups vegetable broth
- 2-3 cups chopped kale, stems removed
- Salt, pepper, Italian parsley, and parmesan cheese to taste



Directions

1. Heat the olive oil in a large pot over medium high heat.
2. Add the onions, garlic, and potatoes and sauté until golden brown, 5-8 minutes, sprinkling with salt and pepper.
3. Add crushed tomatoes, 6 cups of the broth, and half of the kale. Simmer for 5-10 minutes until the kale softens and becomes a darker green.
4. Transfer the soup to a heavy-duty blender. Puree for 2-3 minutes or until the soup is completely smooth.
5. Transfer the pureed soup back the pan and stir in the parsley and the remaining 2 cups broth depending on how thick you want the soup to be.
6. Season with salt and pepper and chopped leftover kale.
7. Garnish with parmesan cheese.