



SOUPS

SWEET POTATO & KALE SOUP

INGREDIENTS

- 2 large sweet potatoes
- 2 big handfuls of kale (stems removed)
- vegetable stock or water
- 1 large onion
- 1 garlic clove
- olive oil
- salt & pepper to taste

PREPARATION

1. Prepare all the ingredients, finely chop onion, peel and cut the sweet potatoes in chunks.
2. Heat 3 Tbsp of olive oil in a large pot, add onion and mashed garlic and cook for 2 min until nice and fragrant.
3. Add the potatoes and vegetable stock or water, then add kale. Bring to boil and cook for 15min or until the potatoes are very soft.
4. Blend the soup to get a nice and creamy texture and season with salt and pepper. Portions can be frozen for a month, to enjoy on busy days.