

McDougal's Farm LLC

What's Growing On!

Recipes

Vegetarian Kale Soup

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 tablespoons chopped garlic or ramps
- 1 bunch kale, stems removed and leaves chopped
- 8 cups water
- 6 cubes vegetable bouillon (such as Knorr)
- 1 (15 ounce) can diced tomatoes
- 6 white potatoes, peeled and cubed
- 2 (15 ounce) cans cannellini beans (drained if desired)
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- salt and pepper to taste

Directions

1. Heat the olive oil in a large soup pot; cook the onion and garlic or ramps until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.