

Carrot and Kale Ginger Soup

Serves 4

Equipment Needed:

Saucepan
Measuring cup and measuring spoons
Cutting board
Knife
Hand blender (or blender or food processor)
Spoon for stirring

To Make The Recipe:

1/2 cup white onions, chopped
1 tbsp butter
1 clove garlic, chopped
2 cups chicken or vegetable broth
2 cups water
2-3 cups carrots, peeled and sliced
1 stalk celery, sliced
2 tsp fresh ginger, grated
Sea salt and pepper to taste
1 small zucchini, cut in half and sliced
2 cups black kale chopped

2 tbsp Mediterranean yogurt (optional)

Place a saucepan on the stove over medium heat and melt the butter. Add the onions and saute until slightly translucent. Add the garlic and gently stir. Pour in the broth and water. Add the carrots and celery and bring to a boil. Lower to simmer and cook until the carrots are soft. Puree the carrots and celery with a hand blender (or pour into a blender or food process and puree until smooth). Pour the soup back into the pot. Add the ginger and season to taste with sea salt and pepper. Add the kale and zucchini and reheat, Simmer for 5-7 minutes to cook the vegetables. Serve and top with a half tablespoon yogurt.

*If using sauerkraut instead of cabbage, sprinkle on top of the soup after it has been ladled into the bowls.