

Sweet Potato Veggie Soup With Sauerkraut

3 cups sweet potatoes, peeled and cut into small pieces

½ cup onion

1 ½ tbsp butter

1 large clove garlic, chopped

1 cup chicken or vegetable broth

1 cup water

2 cups chopped kale

2 cups zucchini

14 cherry tomatoes, cut in half

2 tbsp fresh dill or 2 tsp dried

Sea salt and pepper to taste

1/4 cup sauerkraut per person

Melt the butter in a medium saucepan and add the onions. Cook until slightly translucent. Add the garlic and sweet potatoes and cook for another 2 minutes. Add the broth and water. Bring to a boil. Lower to simmer and cover with a lid. Cook for ten minutes until sweet potatoes are soft. Puree the soup with a hand blender or transfer to a blender and blend until smooth. Season with sea salt and pepper to taste. If used a blender, then return to the saucepan and add the kale and zucchini. Bring to a boil and lower to simmer. Cover with a lid and cook for five minutes on simmer. Add the tomatoes and cook for another 3 minutes. Add the dill and stir. Ladle the soup into bowls and top with sauerkraut. Serve

Extra soup can be frozen for use at a later date.

To make a complete meal: Add a protein source such as canned cooked, chickpeas or aduki beans (drained and rinsed), or cooked chicken sausage or chicken breast pieces.