

THE FLEXITARIAN COOK

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Kale and Potato Soup

1 large bunch fresh kale, stemmed and cleaned

2 large russet potatoes

1 medium onion

1 clove garlic

2 Tbsp olive oil

6 cups broth or water

1/4 cup heavy cream (optional)

1 tsp curry powder (optional)

salt and pepper to taste

Chop the onion and saute in olive oil in a large dutch oven until translucent. Peel and wash the potatoes, cut in small (1/2 inch) cubes and add to the onion. Cook for a few minutes while stirring, until the potatoes start to color. Mince garlic and add; let that become fragrant (about 30 sec.). Chop the kale and add to the mix. Add curry powder.

When kale begins to wilt, add broth and bring to a boil. Reduce heat, cover and simmer gently about 30 min. Take off heat and, using an immersion blender, roughly blend some of the soup, being careful to a) not scald yourself and b) leave some pieces of potato and kale behind. This is not a smooth soup; it should be chunky. Add cream at this point if you wish, and serve hot with slices of crusty bread.