

# LEEK & KALE SOUP

*Kale will brighten up your soup, AND add extra nutrition!*

<b>ESTIMATED PREP TIME</b>	20mins
<b>DEGREE OF DIFFICULTY</b>	Easy
<b>SERVINGS</b>	7
<b>TYPE</b>	Soup



## INGREDIENTS

<b>1 TBS</b>	Olive oil
<b>2</b>	Leeks chopped
<b>5 STALKS</b>	Celery chopped
<b>2-3 CUPS</b>	Carrots chopped
<b>1 CUP</b>	Green beans cut into pieces
<b>1 CUP</b>	Chickpeas (optional)
<b>4-5 SPRIGS</b>	Rosemary, stems removed and chopped
<b>7 CUPS</b>	Organic vegetable broth or chicken broth
<b>1 LBS</b>	Fresh kale, stems removed and chopped

*Season with sea salt and ground pepper to your liking.*

## Cooking Tips:

Want to make the soup even MORE hearty? Try adding a cup of cooked chicken into this recipe!

**DID YOU KNOW?** Kale is one of the healthiest vegetables! Its packed full of antioxidants and is very high in Vitamins A, C and K.

## DIRECTIONS

1. Heat oil in a large stock pot over medium heat add the leeks and garlic and sauté until soft. Add the celery, carrots, green beans and rosemary sauté for another 2 minutes, then add the broth.
2. Bring to a boil, then reduce the heat and cook until carrots are tender. Stir in the kale cook for another few minutes until the kale is soft.

