



LOON ORGANICS

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Potato & Kale Soup

2 Tablespoons of Olive oil or butter

1 bunch green kale, washed, stems discarded, and leaves finely chopped

4 medium-sized potatoes, washed and chopped into bite-sized pieces.

2 small onions or 3 leeks, chopped (white and light green parts of leeks)

½ cup chopped carrots

½ cup chopped celery

½ cup chopped fennel (optional)

2 medium cloves of garlic

6 cups chicken or veggie broth (or water)

Salt and pepper to taste handful of fresh herbs: parsley/thyme/ sage are nice

Pour your olive oil or butter into a large soup pot and heat on medium heat. Add chopped onions and sauté for around 5 minutes until they begin to slightly brown. Add the carrots, celery, fennel, garlic and potatoes and sauté for another 5 minutes. Add broth and herbs and bring to a boil. Once the soup is boiling reduce to a simmer and add the kale. Continue simmering until the potatoes are soft and the kale is tender. Season to taste with salt and pepper.