

## KALE AND POTATO SOUP



### **Ingredients:**

2 cups cooked kidney, pinto or brown beans  
4 cups finely cut kale leaves  
3 Tbsp. olive oil  
1 medium yellow or red onion, diced  
3-6 cloves garlic, minced  
1/2 tsp. chili flakes  
1-2 bay leaves  
1 lb. red or yellow potatoes, cut into 1/2-inch cubes  
6 cups water or stock

Steam kale in a large kettle until wilted and bright green; set aside to cool. Heat oil in soup pot. Add onion, garlic, chili, bay leaves, and sauté until onion is soft but not brown. Add potatoes and water, bring to a boil, simmer about 15 minutes. Re-chop kale and add with beans; boil 6-8 minutes.