

Recipes

by

Wellness Plus Members

Sweet Potato – Kale Soup

A wintery delight!

Ingredients

- 2 Large sweet potatoes, peeled, cut into half inch cubes
- 6 Cups water
- 1 Very large onion, diced
- 1 Tsp dill weed
- Ground black pepper to taste
- 4 Cups Curly kale, chopped into bit size pieces
- 1 Can of sweet yellow corn w/o salt

All ingredients are organic

Procedure

1. Put potato, onion, water, dill weed and pepper into large soup pot.
2. Bring to boil and then simmer for 20 minutes.
3. Add corn and kale, simmer for additional 15 minutes.
4. Ready to eat.

Note: Water content may be adjusted to more or less for one's desired consistency. Vegan Jim prefers a watery soup! First made in Vegan Jim's kitchen 12/15/2022.

Source: Jim's Real Food Kitchen.com