



Chunky Kale and Vegetable soup

Serves 4-6

This fresh and light soup is great for a winter lunch or with rice or quinoa as a hearty supper. With vitamin, mineral and phytonutrient packed kale, heart healthy garlic and fibre filled and cholesterol lowering beans, this soup

really packs a nutritional punch. Perfect for protecting against winter bugs.

Ingredients:

half tablespoon olive oil
1 small red onion
1/2 cloves of garlic
1 large carrot
1 stalk of celery and inner leaves
1 large bunch of kale
2 courgettes
half teaspoon red pepper flakes
5 fresh sage leaves
2 large tomatoes
1 tin of beans (kidney beans/cannellini beans)
2-3 pints of water depending on desired level of consistency

Method:

Chop onions, garlic, carrots and celery and sauté with olive oil, sage and red pepper flakes.

Chop tomatoes, courgettes and kale and add them to the pot.

Rinse beans and add them to the pot.

Lightly toss to coat vegetables in oil.

Add water and bring to a boil.

Once it's boiling well, lower heat and let simmer for 45 minutes

Serve on its own or for a more substantial meal, over brown rice, quinoa or rice pasta.

Enjoy! And let us know what you think.