

# Idiot's Kitchen Shopping List – Sweet Potato & Kale Soup

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Joy the Baker



- 1 medium Onion
- 2 cloves Garlic
- Fresh Ginger (not pictured) or powdered if fresh is not available
- ¾ - 1 pound Kale
- 2 large Sweet Potatoes (or yams) about 1½ pounds

Olive Oil

- 1 (32 ounce) box of Vegetable Broth (4 cups)
- 1 (13 ounce) can Light Coconut Milk, unsweetened variety

Turmeric  
Red Pepper Flakes  
Salt & Pepper

1 cup uncooked Brown Rice