

Idiot's Kitchen Recipe – Sweet Potato & Kale Soup

Recipe from www.idiotskitchen.com – Adapted from Joy the Baker



Ingredients:

- 2 Tablespoons Olive Oil
- 1 medium Onion, diced
- 2 cloves Garlic, minced
- 2 teaspoons Fresh Ginger, minced (or ½ heaping teaspoon powdered ginger)
- ¾ teaspoon Turmeric
- ¼ teaspoon Red Pepper Flakes
- ¾ - 1 pound Kale, stems removed and chopped
- 2 large Sweet Potatoes (or yams), peeled and cubed (about 1½ pounds)
- 1 (32 ounce) box of Vegetable Broth (4 cups)
- 2 cups Water
- 1 (13 ounce) can Light Coconut Milk, unsweetened variety
- Salt & Pepper
- 1 cup uncooked Brown Rice (cooked in 2 cups of Water)

Start cooking 1 cup of brown rice in 2 cups of water in a medium sauce pan or rice cooker so that the rice is done when the soup is ready.

To prepare the kale, cut the woody, tough stem away from the leaves. Roughly chop the remaining fringy part of the kale leaves.

In a large soup pot, heat 2 Tablespoons of olive oil over medium high heat. Add the onions and cook until tender but not browned – about 5 minutes. Turn the heat down to medium and add the minced garlic, minced fresh ginger, ¼ teaspoon red pepper flakes, and ¾ teaspoon turmeric. Cook 1 minute until highly fragrant.

Add the cubed sweet potatoes, 1 (32 ounce) box or 4 cups of Vegetable broth and 2 cups of water. Bring the broth to a simmer then add the chopped kale using the back of a spoon to push the kale down into the broth. Simmer for 20 minutes until the sweet potatoes are soft and just beginning to fall apart.

Turn the heat off or down to the lowest setting so that it is no longer simmering and add 1 can of light coconut milk. It is important that the soup not boil after adding the coconut milk or it will separate. Season with salt & pepper to taste.

Ladle into bowls with a heaping spoonful of brown rice in the middle. Makes 4 generous servings.