



# Super Food Soup!

## INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 large carrot chopped
- 1 rib celery, chopped
- 2 garlic cloves, minced
- 1 (14 oz) can chopped tomatoes, with juice
- 2 cups water
- 4 cups chicken broth
- 1 tbsp tomato paste
- 1 tsp oregano
- 1 tsp parsley
- 1 tsp thyme
- 1 medium russet potato, chopped
- 1 bunch kale, chopped
- 1 (14 oz) can white beans, drained & rinsed
- Salt & pepper to taste

***Gather the equipment:*** Cutting board • Knife • Soup pot with lid  
Strainer • Measuring cups • Measuring spoons

## ***How Do I Make It?***

- 1. Gather ingredients and chop the onion, carrot, celery, and potato. Mince the garlic.***
- 2. Heat the olive oil over medium heat in a large soup pot.***
- 3. Once olive is heated, add onion, carrot, celery, and a pinch of salt. Cook until vegetables are tender (about 5 minutes).***
- 4. Add the garlic and stir. Let cook for about 30 seconds.***
- 5. Stir in the tomatoes and juice from the can, add another pinch of salt. Cook until the tomatoes have cooked down slightly (about 5 minutes).***
- 6. Add chicken broth, water, tomato paste, oregano, parsley, thyme, potato, and a pinch of salt. Bring to a boil. Cover and simmer until potatoes are tender (about 10 minutes).***
- 7. While potatoes are cooking, chop the kale. Add the kale and simmer for another 10 minutes.***
- 8. Stir in the beans and heat through for 5 minutes.***



## ***How Do I Eat It?***

***Enjoy a hearty bowl topped with your favorite cheese or as a side to a warm sandwich.***

*Food is a human issue that needs all of us at the table!  
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