



Kale Potato and Tomato Soup (adapted from [101 Cookbooks White Chard Stew](#))

- 3 tablespoons olive oil
- 3 diced celery stalks
- 4 cloves garlic
- 3 medium potatoes-diced into soup size pieces
- 2 diced carrots
- 1 diced onion
- 1 quart canned tomatoes-about 3 cups
- red pepper flakes to taste
- about 4 cups chopped Kale-remove any tough stems
- 2 cans white beans-reserve 1/4 cup
- 6 cups water
- salt and pepper to taste

In a large pot cook celery, garlic, carrot, onion, and potato in olive oil. Season to taste and cook for about 10 minutes with the lid on-checking to make sure the mixture doesn't scorch.

Add tomatoes and red pepper flakes; simmer for about 5 minutes.

Add kale and all of the beans except the reserved 1/4 cup. Add 6 cups of water. Bring soup to a boil and then reduce heat and simmer until kale is tender, about 15 minutes.

While the soup is cooking smash up the remaining 1/4 cup beans to use as a thickener in the soup. Add mashed beans to soup..or not. You could totally skip this step if you like-just add in all of the beans instead of reserving any.

Serve soup with cornbread, crackers, or a slice of homemade bread.

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