

Potato Kale Soup (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

Make this soup when you want hot, soothing comfort food on a drizzly, cold day. It's such a simple combination, but so delicious. The whole carrots and celery are added to the soup as it cooks to give it flavor, and are then discarded.

Serves 6-8

1 Tbsp extra virgin olive oil
1 Tbsp unsalted butter
2 cups chopped onions
2 leeks, white and light green part only, washed and thinly sliced
6 cups water
4 medium potatoes, cut into $\frac{3}{4}$ inch cubes (about 4 cups)
2 Tbsp minced fresh parsley
3 carrots, peeled
3 celery stalks
2 bay leaves
1 tsp salt
 $\frac{1}{4}$ tsp freshly ground pepper
 $\frac{1}{2}$ lb kale (about 4 cups chopped)

Heat oil and butter in a heavy-bottomed 7-quart soup pot over medium heat. Sauté onions and leeks for 10-15 minutes, until golden, soft, and sweet.

Add the water, potatoes, parsley, whole carrots, whole celery stalks, bay leaves, salt, and pepper. Bring to a boil. Reduce heat to medium low, cover and simmer for 45 minutes.

While soup is cooking, wash kale and strip the leaves off the stalks. Discard stalks and chop leaves into bite-size pieces. Bring 2 cups water to a boil in a 10-12 inch skillet with a tight-fitting lid. Add the kale and cook, covered, over high heat, stirring occasionally, until tender, approximately 5 minutes. Remove and drain, saving the cooking water to drink.

Remove the carrot and celery pieces and bay leaves from the soup. Puree half the soup in a food processor or blender. Return blended portion to pot, stir in cooked kale, and heat through. Season to taste with salt and pepper and serve hot.

Variations: Add 1 cup fresh corn kernels to soup when you add cooled kale. Simmer 5 minutes.

*Add 1 cup cooked white beans or kidney beans when kale is added.

*Add cooked, sliced sausage to this soup-as the Portuguese do in a dish called “Caldo Verde.”

*Add all three of the above for a hearty dinner meal.