



Kale Mint Soup

1 qt chicken stock
2 qts water
1 tsp sea salt
1 bunch kale
1/2 white onion
2-3 potatoes
optional- 12 oz white beans
5 mint leaves
grated cheese to taste

In a large pot, boil chicken stock and water. Drop in kale, salt, and onion. Reduce to a simmer, cover, and let cook for 15 minutes. Then add in potatoes, cook all together on a low simmer for an additional 20 minutes. Add in mint, and beans (if using) Serve hot with cheese.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

