

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Kale Potato Soup

Ingredients

- One pound spicy chicken sausage (or any meat you choose)
- 1.5 quarts of organic chicken or bone broth
- 1 Tablespoon Extra Virgin Coconut Oil
- 1 cup chopped onions
- 1 to 1.5 cups chopped celery
- 1 large Sweet Potato Diced in small chunks
- 4-5 cups fresh or packaged kale (chopped)
- 1/4 to 1/3 cup full fat coconut milk

Note: If unseasoned meat, choose your favorite spices (thyme, cayenne pepper, Herbs de Provence)

Directions:

Brown chicken sausage or meat of your choice. Set broth to boil. Chop and sauté onions and celery in coconut oil. When celery is cooked and onions are golden brown add to broth. Add diced potatoes to broth and cook to very soft. Add fresh Kale and cook until totally soft and shrunken. Add salt, pepper and favorite spices. Slowly stir in 1/4 to 1/2 cup of coconut milk based on your "creaminess" preference.

Serves about 8

Approx. 64 calories, 4g Carbohydrate, 4g Protein, 5g Fat

Time Saving Tip: Use Pre-cut and washed kale from the grocery.