

Cream of Potato Kale Soup



Prep: 15 minutes

Cook: 40 minutes

Yield: 6 servings

Chef Suzanne Landry

- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1 small onion diced (about 1 cup)
- 4 cups Yukon Gold or Russet potatoes scrubbed and sliced
- 2 medium carrots diced (about 1 cup)
- 2 stalks celery diced (about 1/2 cup)
- 5 cups water or vegetable or chicken stock
- 2 bay leaves
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon salt (eliminate if using packaged broth)
- 1/4 teaspoon black pepper, or to taste
- 1 1/2 cups whole milk or milk substitute (such as unsweetened soy or almond)
- 1 cup packed greens, chopped kale (or spinach, or swiss chard)



Optional

- 2 spicy cooked Italian chicken sausage diced. If you prefer less spicy, add your favorite chicken sausage.
- 2 cups leek bottoms chopped
- You can replace new potatoes with Yukon gold, fingerlings, red potatoes or sweet potatoes as a variety.

1. In a large pot, add oil and sauté onions on medium heat for 1-2 minutes. Add garlic and sauté another minute.
2. Add potatoes, carrots, celery and sauté another 3-4 minutes to enhance flavor. Add water, bay leaves, thyme, rosemary, salt, and pepper. Cover and bring to boil. Reduce heat and simmer for 20 minutes or until potatoes are tender.
3. Remove bay leaves and discard. Using a blender, blend soup until it is creamy. Add milk and check for desired consistency. Add chopped kale and sausage if you are using it and simmer another 5 minutes. Adjust seasoning to taste and reheat for 2-3 minutes or until kale is tender and bright green.

Chef's Notes: To clean leeks, cut across the leek where the white and green parts meet. Keep top and bottoms separate. Cut down the white part lengthwise and rinse thoroughly, making sure to separate the leaves. Cut down again lengthwise and then chop crosswise into 1/2 inch pieces. For the green upper part, discard old, tough outer leaves until you get to the tender green leaves. Chop as you did the white part. The tougher leaves can be used for building soup stock another time.

For a non-dairy soup use 1 can (15 oz) light coconut milk. Light coconut milk is mild without the coconut flavor and can replace heavy cream or half and half in many recipes.