

Food Babe's Spicy Tomato and Kale Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	6

<https://foodbabe.com/spicy-tomato-kale-soup>

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 white onion, chopped
- 4 carrots, peeled and diced
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon red pepper flakes
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh basil
- 1 tablespoon fresh sage
- 1 bay leaf
- 24 ounces crushed tomatoes
- 4 cups vegetable broth (without yeast extract)
- 1 ½ cups cooked cannellini beans
- 2 cups filtered water
- 2 cups kale, chopped

Instructions:

1. Heat olive oil on medium heat in a large pot.
2. Add onion and carrots and cook for about 4-5 minutes.
3. Add garlic next and cook another 2 minutes.
4. Add spices, broth, water, and tomatoes to pot and bring to a boil.
5. Once soup is at a boil, reduce to simmer and add beans.
6. Simmer soup for 25 minutes.
7. Discard bay leaf and puree soup using a hand blender.
8. Add chopped kale to pureed soup and stir into pot.

Notes:

- Serve with crunchy crackers or a piece of toasted sprouted grain bread.
- Please buy all organic ingredients if possible