

## Cindy's Broccoli Kale Potato Soup

From Cindy's kitchen:

### Ingredients:

- Low Sodium Vegetable Broth (four cups)
- Water (two cups)
- Yellow Onion (diced)
- Olive Oil (one tablespoon)
- Garlic (four cloves, peeled and smashed)
- Broccoli (two large bunches, including stems)
- Yellow Potatoes (three large, peeled)
- Kale (four cups, shredded, with no woody stems)
- Seasoning (three tablespoons Trader Joe's 21 Seasoning Salute or similar spice mix)

### 1. Steps:

1. Sauté the diced onion and smashed garlic cloves in olive oil. When softened, add the shredded kale. Continue to sauté until kale is wilted.
2. Heat vegetable broth in large soup pot. Chop the broccoli stems (not florets or tops) and peeled potatoes into chunks and add to the soup pot. Add the sautéed onion, garlic, and kale to soup pot. Add Trader Joe's 21 Seasoning Salute and two cups water and stir to mix thoroughly. Bring to a boil and simmer for ten minutes (until broccoli and potatoes are tender).
3. While soup is simmering, chop broccoli florets into small, bite-size chunks.
4. Puree contents of soup pot using a blender or mixer. Return puréed soup to pot. Add the broccoli florets and simmer for ten more minutes, stirring occasionally. Add salt & pepper to taste. The starch in the potatoes should thicken the soup slowly.
5. Serve immediately in soup bowls or mugs. Add five garlic croutons as garnish, or sprinkle with one tablespoon of plant-based Parmesan cheese.