

# Potato Kale Soup

2 Tbsp canola oil  
1 onion – diced  
1 leek - diced  
1 shallot – diced  
½ tsp salt  
1 tsp parsley  
1 tsp basil  
1 tsp dill  
1 Tbsp spicy brown mustard  
3 cups vegetable broth  
4 cups potatoes – diced  
2 Tbsp white wine  
4 cups kale – chopped  
1 cup milk  
Parmesan cheese to garnish

- In a 3 or 4 quart sauce pan heat oil over medium heat then add onion, leeks, shallot, and salt and saute for about 10 minutes until translucent.
- Add parsley, basil, and dill and stir for 30 seconds.
- Add vegetable broth and mustard and bring to a boil.
- Add potatoes and white wine and simmer for 20 minutes or until potatoes are soft.
- With an immersion blender or in a food processor puree until smooth.
- Return to heat and add kale and simmer for 5 minutes.
- Remove from heat and slowly add milk. Return to heat till very hot but not boiling.
- Salt and pepper to taste. Serve with Parmesan cheese to garnish.



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