

# Kale

## Available

All year round.

## Buy

Crisp green leaves with firm stalks.

## Store

In plastic bags in the refrigerator.



## Prepare



Stalk removed.



Roughly chopped.



Sliced.



Stalks chopped for soups and stock.

## Cook

Can be:



Smoothie



Soup



Salad



Steamed



# Kale, carrot and bean soup

(serves 4)

## Ingredients

4-6 kale leaves, stem removed and chopped

1 tablespoon oil

2 carrots, diced

1 leek or onion, sliced

1 head broccoli, chopped

1 ½ litres vegetable stock or water

Pinch salt

Pepper to taste

1 can cannellini or baked beans

## Method



1 Panfry the carrot, leeks and broccoli for 2-3 minutes.



2 Add kale and stock and boil gently for five minutes.



3 Add beans and boil gently until steaming hot.



4 Serve in bowls.

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