

TUSCAN KALE SOUP



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

INGREDIENTS

- 4 cups kale, chopped
- 1 onion, chopped
- 3 celery, chopped
- 3 carrots, chopped
- 1 tsp oregano
- 1 tsp basil
- 1 15 oz. can crushed tomato
- 1/2 tsp crushed red pepper
- 4 cups vegetable broth & 2 cups water
- 3/4 cup orzo

NUMBER OF SERVINGS

4

TIME TO
PREPARE

15 min

TIME TO
COOK

30 min

TOOLS NEEDED

- Cutting Board
- Knife
- Soup Pot
- Large Spoon for stirring

DIRECTIONS

1. In a large soup pot, heat oil over medium heat.
2. Add onion, celery, carrots, salt, oregano, basil, crushed red pepper. Cook for 10 minutes, stirring occasionally, until softened.
3. Add tomatoes w/juice, broth, water and orzo and bring to a boil. Reduce heat to medium and cook until orzo is tender. About 12 minutes.
4. Stir in kale until wilted, season to taste.
5. Top off with lemon juice (optional).

