

## POTATO AND KALE SOUP (GLUTEN FREE)

- 4 strips bacon or exclude and use a little olive oil to sauté veggies
- 4 medium potatoes, peeled and diced
- 1 large onion, chopped
- 5 cloves garlic, chopped
- 6 C. low-sodium chicken stock
- 2 C. firmly packed chopped kale leaves

1/4 tsp. salt

1/8 tsp. black pepper

| Serving Size (434g)<br>Servings Per Container   |        |  |   |
|---|--------|--|---|
| Amount Per Ser  | ving   |  |   |
| Calories 240  | ) Calo | ries fron  | n Fat 80                                      |
|   |        | % Da   | ily Value*                                    |
| Total Fat 9g  |        |  | 14%   |
| Saturated Fat 3g  |        |  | 15%   |
| Trans Fat 0g  |        |  |   |
| Cholesterol 10mg  |        |  | 3%  |
| Sodium 300mg  |        |  | 13%   |
| Total Carbohydrate 32g 11%  |        |  |   |
| Dietary Fiber 4g 16%  |        |  |   |
| Sugars 3g   |        |  |   |
| Protein 11g   |        |  |   |
| Vitamin A 109   | %•V    | √itamin (  | 060%  |
| Calcium 4%  | • 1    | ron 10%  |   |
| *Percent Daily Values are based on a 2,000 calorie<br>diet. Your daily values may be higher or lower<br>depending on your calorie needs:<br>Calories: 2,000 2,500 |        |  |   |
| Total Fat<br>Saturated Fat<br>Cholesterol<br>Sodium<br>Total Carbohydrat<br>Dietary Fiber<br>Calories per gram<br>Fat 9 • C                                       |        | 65g<br>20g<br>300mg<br>2,400mg<br>300g<br>25g<br>4 • Prote | 80g<br>25g<br>300mg<br>2,400mg<br>375g<br>30g |

Nutrition Eacts

Cook bacon until crisp in a large soup pot. Remove bacon strips with a slotted spoon and set aside. Lightly sauté potatoes, onion and garlic in bacon fat. Add stock, kale, salt and pepper and simmer for an hour or until potatoes are soft. Mix soup in batches in blender until it is smooth. Return to pot and thin with stock or milk if necessary. Crumble bacon and sprinkle over soup as garnish.

NUTRITION FACTS: Serving size: 1 1/2 cup, 6 servings