



# JERSEY TASTES!

## RECIPES

### Kale Super Soup

#### INGREDIENTS:

**FAMILY-SIZE**

**SERVES: 8**

**PORTION SIZE: 14 OZ**

- 2 tablespoons Vegetable Oil
- 1½ cups Onion, chopped
- 1 tablespoon Minced Garlic
- 1 bunch Kale (8 to 12 ounces), stems removed, chopped
- 32 ounces Vegetable or Chicken Broth
- 28 ounce can Diced Tomatoes, undrained
- 3 each (15.5 ounce) cans Cannellini or Favorite Bean Variety, undrained
- 2 cups Carrots, sliced
- 1 tablespoon Italian Seasoning
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper



**SCHOOL FOOD SERVICE**

**# PORTIONS: 24**

**PORTION SIZE: 1.75 CUPS (14 OZ.)**

- ½ cup Vegetable Oil
- 4½ cups Onion, chopped
- 3 tablespoons Minced Garlic
- 3 bunches Kale (Approx. 2 lbs. 10 oz.), stems removed, chopped
- 3 quarts Vegetable or Chicken Broth
- .75 each #10 can Diced Tomatoes, undrained
- 1.5 each #10 can Cannellini or Favorite Bean Variety, undrained
- 6 cups Carrots, sliced
- 3 tablespoons Italian Seasoning
- 1.5 teaspoons Salt
- 1.5 teaspoons Black Pepper

**GREAT VEGETARIAN ENTRÉE!**

**Fun Fact:**

A blizzard warning in NYC in 2015 caused several grocers to run out of Kale.

#### DIRECTIONS:

- Heat oil over medium heat in soup pot or kettle. Add onions & garlic. Cook & stir for 2 minutes, until onions are soft.
- Add kale. Cook for 2 minutes, stirring constantly.
- Add broth, tomatoes, beans, carrots & Italian seasoning. Stir to combine. Bring to a boil. Reduce heat & simmer.
- Cover & cook for 25 to 30 minutes, until carrots are tender. Season with salt & pepper.

**Portion Size: 1.75 cups = 2oz. Meat Alt.; 1/2 c Veg/Red-Orange; 1/4 c Veg/Dk. Green; 1/4 c Veg/Other**  
**Portion Size: 1.25 cups = 1 c Veg**

RECIPES MADE IN COLLABORATION WITH:

