

Tasty Winter Soup



Kale Chowder

Serves: 6 | Serving Size: 1 and 1/4 cups

Ingredients:

2 baking potatoes, diced with skin
1/2 cup diced onion
1/2 teaspoon garlic powder
1/2 teaspoon thyme
1/2 teaspoon oregano
3 cups water
2 cups low-sodium chicken broth
1 14-ounce can diced tomatoes, no salt added
1 15-ounce can kidney beans, drained and rinsed
4 cups chopped fresh kale

Directions:

Add all items, except kale, to large soup pot. Bring to a boil, then reduce to a simmer and cook until potatoes are almost done, about 10 minutes.

Add kale and cook for 10 more minutes.

Serve hot.

Nutrition Information:

Serves 6. Each serving contains 157 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 643 mg sodium, 31 g carbohydrate, 8 g dietary fiber, 4 g sugar, and 8 g protein.

Each serving also has 138% DV vitamin A, 121% DV vitamin C, 12% DV calcium, and 16% DV iron.

Chef's Tips:

Serve this chowder with whole grain bread and a tossed salad.

This kale chowder is a delicious way to get more iron into your diet.

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