

Sip, Slurp and Savour ...

Alphonsa's Cream of Kale and Mushroom Soup

Ingredients

- 3 stalks of kale washed and chopped
- 1 lb mushrooms sliced
- 1 spanish onion
- 1 tea spoon chopped garlic
- 2 table spoon canola oil
- 1/2 tea spoon rosemary chopped
- 1/2 tea spoon thyme chopped
- 4 cups vegetable broth
- 1/2 cup coconut milk
- Salt and pepper to taste



soupalicious.ca

Method:

Sautee sliced onions and garlic in oil. Add mushrooms, herbs cook it for five minutes . Add 4 cups of vegetable broth and chopped kale boil for 15 minutes .Puree the soup mixture with hand held blender. Add coconut milk, salt and pepper and simmer for 10 minutes. And serve.

This recipe yields 8 servings.



www.alphonsas.ca

Recipe Courtesy of Alphonsa's.
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For more information, visit www.growarow.org