

# Sweet Potato-Kale Soup

By Annie Falk

In addition to its health benefits, this soup is hearty and full of flavor. Five-spice powder (a blend of cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns), cumin, and coriander seed give it a South Asian pungency, while curry paste, chili powder, and fire-roasted tomatoes bring a nice heat.

## INGREDIENTS

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| 2 ½ tablespoons extra virgin olive oil, divided           | 1 ½ teaspoons red curry paste, or more to taste   |
| 1 ½ large sweet onions, roughly chopped                   | ¼ teaspoon chili powder   |
| 3 large celery stalks, chopped                            | 2 ½ quarts chicken broth, divided   |
| 1 tablespoon minced garlic                                | 2 large sweet potatoes, peeled and cubed (medium dice, see Notes)                             |
| 1 ½ teaspoon five-spice powder, or more to taste          | 5 ounces (5 leaves) organic curly-leaf kale, trimmed of thick stems and very coarsely chopped |
| ½ teaspoon cumin  | 6 ounces (12 leaves) organic redbor kale, trimmed of thick stems and very coarsely chopped    |
| 1 teaspoon celery salt                                    | ½ large butternut squash, roasted, cleaned, and cubed (medium dice)                           |
| ½ teaspoon coriander seeds                                | 1 (15-ounce) can Eden brand Organic Lentils with Onion and Bay Leaf                           |
| 1 cup Woodstock brand grilled organic red pepper, chopped | 1 (15-ounce) can black beans, with some of the water drained (see Notes)                      |
| 1 pound lean ground turkey                                |   |
| ¼ teaspoon salt, or more to taste                         |   |
| ¼ teaspoon freshly ground black pepper, or more to taste  |   |
| 1 (28-ounce) can diced, fire-roasted tomatoes             |   |

## RECIPE INSTRUCTIONS

Heat 1 1/2 tablespoons of the olive oil in a large stock pot over medium heat. Add the onions and sauté until translucent and soft, about 5 minutes. Raise the heat to brown the onion slightly, then add the celery and garlic and keep cooking, stirring to combine. Lower the flame and add the five-spice, cumin, celery salt, coriander, and grilled red peppers. Stir to incorporate and cook until all vegetables are soft, 3 to 5 minutes.

Turn off the heat and transfer the vegetable mixture to a bowl.

Return the stock pot to medium heat and immediately add 1 tablespoon olive oil. Crumble the turkey meat into the pot and sauté, breaking up any large chunks with a wooden spatula. Add the salt and pepper. Cook until the meat is evenly browned, about 8 minutes. Reduce heat to medium-low and

add the fire-roasted tomatoes, stirring to combine.

Add the vegetable mixture back to the pot and stir to combine. Add the red curry paste, chili powder, and 2 quarts of the chicken broth. Bring to a boil, reduce the heat to low, add the sweet potato, and cook for 10 minutes to soften the potatoes.

Add the kale, roasted butternut squash, lentils, black beans, and the remaining ½ quart of chicken broth. Increase the heat to bring to a boil, then lower the heat and let simmer for 12 to 15 minutes, until the sweet potatoes are soft and the kale is cooked.

Taste and adjust the seasoning by adding more five-spice, salt, pepper, and/or red curry paste to taste.

Serve hot.

Makes 5 ¼ quarts



## NOTES:

Sweet potatoes are best in the fall. By late winter, you may need to add 1 teaspoon of sugar to the recipe.

Not everyone in my family likes black beans. Chickpeas are my personal favorite and my father loved navy beans. Whatever your bean of choice, it doesn't change the flavors the sweet potato and kale impart on this delicious soup. It's a favorite in my family!