

KALE SOUP



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 tablespoon olive oil
- ★ 7 ounces fully cooked chorizo, sliced into ¼-inch rounds
- ★ 1 medium yellow onion (about 10 ounces), finely chopped, (7 ounces prepped)
- ★ 2 cloves garlic, minced, 1 tablespoon
- ★ 6 cups low-sodium chicken broth
- ★ 1 medium russet potato (about 9 ounces), peeled and diced, (about 8 ounces prepped)
- ★ 1 14.5-ounce can reduced sodium white beans, drained and rinsed
- ★ 1 bunch lacinato kale (about 8 ounces), thick stems removed, very thinly sliced, (about 4 ounces prepped)
- ★ Black pepper, to taste

DIRECTIONS

In a large pot heat the olive oil over medium-high. Add the chorizo and cook, stirring occasionally, until browned, 5 to 7 minutes. Remove the chorizo with a slotted spoon and transfer to a paper towel-lined plate to drain.

Reduce heat to medium. Add the onion to the pot and cook, stirring, until translucent, 5 to 7 minutes. Add the garlic and cook until fragrant, 1 minute more.

Increase heat to medium-high, then add the stock, potato, and beans and bring to a boil. Reduce heat to medium-low and simmer until the potatoes are tender, about 20 minutes.

Add the kale, and season the soup with pepper. Continue simmering until the kale has wilted and the flavors have melded together, about 15 to 20 minutes more. Return the chorizo to the soup and continue cooking until it is just warmed through, about 2 minutes, before serving.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 2 Cups = 678g)

540 Calories Per Serving, **19g** Total Fat,

62g Total Carbohydrates, **31g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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