



## In the Kitchen with Primary Students

### POTATO KALE SOUP

FRESH FROM THE GARDEN: Potatoes, kale, garlic, leek, carrots



Lemons



Blueberries



Tomatoes

#### Ingredients

- 1 tablespoon butter
- 1 leek diced
- 2 carrots diced
- 6 cloves garlic, minced
- Salt and pepper
- 1 litre vegetable stock
- 5 potatoes diced
- $\frac{1}{2}$  cup milk
- 1 medium bunch kale
- Spring onion thinly sliced for garnish

#### Method

1. Melt the butter in a large stockpot over medium-high heat. Add the leeks and carrots and sauté for 5 minutes, stirring occasionally.
2. Add the garlic and a generous pinch of salt and pepper and sauté for 1 minute, stirring frequently.
3. Add the vegetable stock, potatoes and stir to combine. Continue cooking until the broth reaches a simmer. Reduce heat to medium-low, cover and simmer for 15 minutes or until the potatoes are fork-tender.
4. Use a blender to puree about half of the soup which will help to make the broth nice and thick.

5. Wash and remove stem and finely chop the kale.
6. Add the kale and milk and stir to combine. Continue cooking for 3-4 minutes or until the kale has wilted.
7. Taste and season with salt and pepper as needed.
8. Serve warm, garnished with lots of spring onions.