



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Kale**

Kale Tomato Soup

Ingredients:

4 cups kale, stems removed and sliced
1 large carrot, diced
1 medium onion, diced
1 stick celery, chopped (optional)
Salt to taste
2 large garlic cloves, minced
1 14-ounce can chopped tomatoes, with juice
6 cups water
1 tablespoon tomato paste
1 teaspoon oregano
1 bay leaf
10 sprigs parsley
6 sprigs thyme
1 can white beans, drained and rinsed
Freshly ground pepper
Grated Parmesan for serving
Butchers twine

Directions:

Heat the olive oil over medium heat in a dutch oven or heavy pot. Add the onion. Sauté until translucent about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Stir in the tomatoes and juice. Sprinkle with salt and cook, stirring occasionally for about 5 minutes, until the tomatoes have cooked down slightly.

Add the water, tomato paste, oregano, celery, carrots and salt to taste. Holding the parsley and thyme together, wrap a section of butchers twine securely around the sprigs. Toss it along with the bay leaf into the pot. Cover and simmer until vegetables are tender about 20-25 minutes. Stir in the beans during the last 5 minutes of cooking. Turn off the heat. Mix in the kale. Add salt and pepper to your preference. Serve with a sprinkle of parmesan cheese.