

Green Superstar Soup

Homemakers
2008

2 tbsp oil

1/2 tsp salt

3 stalks celery chopped fine

1/4" pepper

1 large onion

1 leek white + green part only

2 cloves garlic

3/4 cup green split peas

1 large potato diced

10 cups kale chopped.

12 oz. fresh spinach chopped.

Fry in oil celery, onion, leek
+ garlic until softened (10 mins) Stir in
peas, potato, s+p - add 6 cups water
bring to boil, simmer 30 mins.

Add Kale, Summer - ¹²~~30~~ mins, add

Greens 15 to 20 mins.

Stir in Spinach - 4 mins.

8 servings

206 cal.

P.S. Can add pieces of cooked ham.
(optional)