

Kale Soup

- ①
- 2 1/2 cups chuker broth
 - 3/4 " ch. onion
 - 2 " Kale.
 - 1/2 tsp thyme
 - 1 small bay leaf

- 2 cloves garlic
- (2 tablesp butter
- ② { 2 " flour
- 1 cup milk
- Salt & pepper.

Combine broth, onion & Kale, add thyme, bay leaf, & garlic. Bring to a boil. Reduce heat to low, cover & simmer till veg tender. Mix #2 & pour in soup until thickened.

* Use Cauliflower instead of Kale & can add diel.