



kale & vegetable soup
from: grecodeesigncompany.com

Serves: 6

6 stalks of celery, cut in pieces
6 carrots, peeled and cut in pieces
1 onion, cut in pieces
1 head of kale - leaves only, cut into large pieces
32 oz. low fat, low sodium beef broth
salt, pepper, garlic powder and dried parsley to taste
1 package mini pasta {pastina, acini di pepe or orzo}
grated Parmesan cheese to taste

Put broth along with 64 oz. water {fill empty broth can or box up two times} into a pot and bring to a boil. Add all vegetables {except kale} and seasonings. Cover and cook for 2 hours at low temperature. Add kale pieces and continue to cook for another hour at low-medium heat. In a separate pan, cook pasta according to directions. When done, drain and leave in it's own pan. Serve soup with pasta and top with grated cheese.