

Hearty Kale Soup



Makes:

4 servings

Utensil:

Saladmaster Food Processor
1 Qt./9 L Sauce Pan with Cover
4 Qt./3.8 L Roaster with Cover

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Recipe:

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4 cups
chicken broth or vegetable broth, reduced sodium
(960 mL)
¼ cup
pearl barley and water according to package
(48 g)
2 cups
fresh mushrooms, sliced, use Cone #4
(300 g)
1 onion, julienned, use Cone #2 (approximately 1 cup)
(150 g)
1 clove
garlic, chopped
(10 g)
2 cups
fresh kale, coarsely chopped
(300 g)
½ large
tomato, diced (approximately ½ cup)
(75 g)

Directions:

1. Place broth and barley to sauce pan, cover and simmer over medium heat. When Vapo-Valve™ begins to click, turn heat to low. Cook for 20 minutes or until liquid is absorbed and barley is tender but not mushy.
2. Preheat roaster over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, approximately 3 minutes, add mushrooms and onions. Cook 4-5 minutes until vegetables are tender. Add in garlic and cook 1 minute more.
3. Stir in broth, diced tomato and cooked barley. Cover, and

cook until Vapo-valve™ clicks, then turn to low. Cook for 15 minutes. Add chopped kale and simmer an additional 5 minutes until kale is tender.

Nutritional Information per

▼ Serving

Calories: 107
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 643mg
Total 20g
Carbs:
Dietary Fiber: 4g
Sugar: 4g
Protein: 7g
