

# Sweet Potato, Kale and Chickpea Soup

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 3 medium sweet potatoes, peeled and diced
- sea salt, to taste
- 2 tablespoons Thai red curry paste (available at Asian section at most grocery stores) I like the Thai Kitchen brand
- 1 cup uncooked farro, rinsed (you can replace with 2 cups of cooked wheat berries or quinoa)
- 3 quarts low-sodium organic vegetable broth (I like Pacific) + 2 cups of water
- 2 cups cooked chickpeas (or one can, rinsed and drained)
- 1 bunch of Lacinato kale (flat, dark green), finely chopped
- $\frac{1}{2}$  teaspoon cayenne pepper (optional)

## Directions:

1. In a large pot, heat the oil over medium-high heat. Stir in the onion and sweet potatoes and a big pinch of sea salt. Sauté for 5 minutes, stirring occasionally, until the onions start to soften.
2. Add the curry paste and stir until onions and sweet potatoes are coated and the curry is fragrant (about 1 minute).
3. Add the farro, the vegetable broth, and 2 cups of water and bring to a boil. Then cover and reduce the heat and simmer for 30 minutes.
4. After 30 minutes add the chickpeas. Taste and season with

more salt as needed. If you chose to use cooked grains like wheat berries, add them now. Cover and simmer for another 20 minutes.

5. Uncover, stir in the kale, add cayenne pepper if desired, remove from heat. Ready to serve.