

## **Chicken Kale Soup**

1 tbsp. olive oil  
½ tsp. red pepper flakes  
1 bay leaf  
½ medium onion, chopped  
2 garlic cloves, minced  
1 chicken breast, cubed  
W medium potatoes, peeled, cubed  
6 C chicken stock  
6-8 C lightly packed, shredded kale  
2-3 tbsp. lemon juice or vinegar  
Salt and Pepper to taste

In a heavy pot, heat oil. Add pepper flakes, bay leaf, onion, garlic and chicken. Sauté until onion is translucent and chicken is browned. Add potatoes and stock. Bring to a boil; turn down heat and let simmer until potatoes are tender. Add kale, lemon juice, salt and pepper. Cook briefly, just until kale is tender. Adjust seasoning.

Variation: Substitute sorrel, spinach, Swiss chard or beet leaves for the kale  
Yield: 6 servings.

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