

Simple Kale and Potato Soup

Serves 1

Ingredients:

12 ounces Organic Chicken Bone Broth (I use Pacific brand)
2 thin slices Lemon
8 Purple Potatoes, cut into quarters
2 Tablespoons Yellow Bell Pepper, chopped
1/4 Cup Baby Portobello Mushrooms, diced
3 Cloves Garlic, minced
Black Pepper to season
1 Tablespoon Avocado Oil (optional)

Directions:

- *In a 2 quart saucepan, simmer two thin slices of lemon in the chicken bone broth for about 3 minutes. Remove the lemon. You only want a subtle lemony flavor.
- *Place the diced potatoes into the simmering broth and allow them to soften slightly before adding the baby kale, bell pepper, mushrooms, and garlic. Simmer until potatoes are completely tender and the kale is wilted. Season with black pepper. Drizzle the avocado oil into the soup and stir.
- *Pour into a bowl and savor the fresh, healthy flavors!