

Creamy, Spiced Collard Soup

Prep time: 15 minutes

Cook time: 20 minutes

Serves: 4

3 TB olive oil

2 cloves garlic, crushed

1 bunch fresh collards, rinsed and coarsely chopped, stems separated from leaves

4 cups chicken stock

2-3 leftover boiled potatoes

1/2 tsp red pepper flakes

1/2 tsp ground cumin

1/2 tsp paprika

Salt and pepper

Heat the olive oil in a large saute pan or skillet over medium heat and saute the garlic and collard stems, stirring, for about 5 minutes or until the garlic begins to turn light brown. Add the kale leaves, turn heat to medium low, cover and cook, stirring, for another 10 minutes, stirring occasionally, or until the leaves and stems are tender. The leaves will release water that will help cook the collards, but if necessary add a little more water to prevent leaves from sticking to the bottom of the pan.

When the collards are tender, use an immersion blender or a food processor to process with the stock, potatoes, red pepper, cumin, salt, and pepper (Doing this in batches might be a good idea).

Pour soup into a saucepan for reheating, and distribute to serving plates, seasoning to taste with salt and pepper, and topping with sour cream