

AUTUMN SWEET POTATO, KALE AND CHICKPEA SOUP



INGREDIENTS

- | | | | |
|-------|----------------------------------|-----|---|
| 2 | tbsp extra virgin olive oil | 2 | cups chickpeas |
| 1 | onion, chopped | 1 | cup grape tomatoes |
| 2 | sweet potatoes, peeled and diced | 1 | bunch green kale, stems removed and chopped |
| 1 1/4 | tbsp smoked paprika | 1/2 | tsp. cayenne pepper |
| 7 | cups vegetable stock | | Salt and pepper to taste |

DIRECTIONS

- In a large soup pot, heat the oil over medium heat. Add paprika and roast for 1-2 minutes.
- Stir in the onions with a pinch of salt; sauté for three minutes, stirring occasionally until the onion start to soften.
- Add the sweet potatoes and stir until onions and sweet potato are coated with paprika.
- Add 7 cups of vegetable stock, cover and bring to a boil and then reduce to a simmer.
- Add the chickpeas and grape tomatoes, season with salt and pepper.
- Cover and simmer for an additional 5 minutes, uncover the pot and stir in the kale and cayenne pepper.
- Serve and enjoy!