

Kale, Swiss Chard, and Edamame Soup

Makes: 6 Servings

Ingredients

1 tablespoon extra virgin olive oil
1/8 cup onion, chopped
1/4 cup celery, chopped
1 teaspoon fresh garlic, chopped
7 ounces frozen carrots, sliced
1/4 cup fresh swiss chard, chopped
1/4 cup fresh kale, chopped (remove stems)
4 ounces diced tomatoes with juice (canned)
1/4 cup fresh red potatoes, diced
1/4 cup frozen peas
1 teaspoon Vegetable stock
1/4 cup Edamame beans
1 cup water
1/2 teaspoon salt free seasoning
1/4 cup yellow squash, diced



Directions

1. Heat olive oil in large pot and saute onions, celery and garlic until soft.
2. Add water and vegetable stock.
3. Add remaining vegetables and bring to a boil.
4. Turn down heat and simmer one hour.
5. Season with salt free seasoning.