

FEEDING Laramie Valley

Sweet Potato and Chickpea Kale Soup

Ingredient List

- 6 cloves garlic
- 1 large onion any color
- 1 large bell pepper any color
- 2 large sweet potatoes yield 4-5 cups
- 2 packed cups kale
- 2 tablespoon olive oil
- 5 cups gluten-free vegetable broth
- 1 cup crushed tomatoes
- 1 can chickpeas or garbanzo beans
- ¼ teaspoon Italian seasoning
- ½ teaspoon kosher salt
- ½ teaspoon pepper

Cooking Instructions

1. Mince 6 cloves of garlic and 1 large onion.
2. Dice 1 large bell pepper.
3. Peel 2 large sweet potatoes, Chop the sweet potatoes into chunks.
4. Roughly chop 2 heaping cups of kale.
5. Heat a Dutch oven or heavy-bottomed soup pan to medium and add 2 tablespoons olive oil. Once the oil is heated add the minced garlic, onions, and bell peppers. Saute for 4-5 minutes, stirring often.
6. Add the chopped sweet potatoes along with ½ teaspoon kosher salt and pepper. Saute for another 5-6 minutes, stirring often.
7. Add 5 cups vegetable broth, 1 cup crushed tomatoes, and ¼ teaspoon Italian seasoning. Stir all of these ingredients together. Bring the soup to a boil. Once it is boiling reduce to a low boil, cover, and cook for 20-22 minutes or until the sweet potatoes have softened but not become mushy. They should be easily pierced with a knife or fork.
8. Drain and rinse 1 can of chickpeas (garbanzo beans).
9. Remove the cover from the pan and add the drained and rinsed chickpeas along with the chopped kale. Stir in these ingredients and cook for another 2 minutes or so.



Kale

Storage

Like other greens, kale should be stored in the **refrigerator** in a **plastic bag** or **sealed container** wrapped with a damp towel to reduce moisture loss. Under these conditions, kale can last reliably for **2 to 4 days**.

Fun Facts

Not only is kale one of the healthiest greens, it's also one of the hardiest, meaning it can handle Laramie's early and late frosts relatively better than other garden crops.

Cucumber

Storage

Cucumbers should be stored unwashed and **loosely** in the **refrigerator crisper** for approximately **one week**. Deteriorating signs include yellowing and loss of moisture which makes the cucumber limp and lose crunch/flavor.

Fun Facts

A member of the curcubit or gourd family, cucumber is related to zucchini, pumpkin, watermelon, and other types of squash. Diseases like powdery mildew can be easily spread between plant species in the same family.