



Sunday Soup (8 servings)

Ingredients

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| 1 Tbsp olive oil | 4 cups of vegetable stock* |
| 1 large white onion, coarsely chopped | 1 bag dry lima beans (<i>soak overnight in cold water</i>) |
| 1 stalk of celery thinly sliced | 1 Tbsp maple syrup |
| 2 large carrots peeled, sliced | 1½ cups of kale -100g (<i>roughly chopped; woody stems removed</i>) |
| 2 medium sweet potatoes, medium cubes | 4 or 5 sprigs of fresh thyme |
| 2 cloves of garlic minced | 2 dried bay leaves |
| 1/4 tsp dried red chili flakes | 1/4 tsp sea salt |
| 1/2 tsp smoked paprika | 1/4 tsp cracked black pepper |
| 2 Tbsps of garam masala* | A squeeze of lemon |
| 1 can diced tomatoes 28oz | Flat-leaf parsley, chopped for garnish |

Preparation

- Heat olive oil in a large pan. Add the onion and celery and cook over medium heat, stirring often, until translucent, about 10 minutes. Add minced garlic and garam masala. Stir and cook for about 2 minutes or until the spices release their aroma.
- Add 4 cups of vegetable stock and bring to a boil.
- Add drained and rinsed lima beans to the pot, bring to a boil again. Stir well and add bay leaves, sprigs of thyme, maple syrup, salt and pepper. Lower heat to a simmer for 1 hour.
- Add the carrots and sweet potatoes to the pot and stir well, add diced tomatoes, with can liquids to the pot.. Cover the pot, reduce the heat to low and simmer for 45 minutes. (*Continued*)



- After 20 minutes, check the sweet potatoes, if tender, add kale to the pot and cover, leave to simmer for about 25 minutes. Check the stew for taste, adjusting the seasoning accordingly. Remove and discard the bay leaves and thyme stems. To brighten the flavor, add a squeeze of fresh lemon juice to the stew and stir.
- *Optional:* Sprinkle serving bowls with chopped parsley and serve with some crusty bread.

***Notes:**

- *Garam Masala is actually a blend of herbs and spices, and can be purchased at an Indian, or Middle Eastern grocery, or, you can make your own! Check out this spice recipe: <https://www.indianhealthyrecipes.com/punjabi-garam-masala-powder-recipe/>*
- *Vegetable stock made with one tablespoon of vegan, gluten-free vegetable bouillon, and 4 cups of hot water*

Nutritional Information (324 calories per serving)

<i>Fat:</i>	4.2g
<i>Saturated Fat:</i>	0.6g
<i>Sodium:</i>	274mg
<i>Carbohydrates:</i>	60.8g
<i>Potassium:</i>	1101mg
<i>Fiber:</i>	10.6g
<i>Sugar:</i>	12.9g
<i>Calcium:</i>	147mg
<i>Iron:</i>	4mg