

# KALE, SWEET POTATO & BEAN SOUP

## DESTINATION DRIPPING SPRINGS



Pam Owens  
President, CEO  
Dripping Springs Visitors Bureau

509 Mercer  
Dripping Springs, TX 78620

[DestinationDrippingSprings.com](http://DestinationDrippingSprings.com)



### INGREDIENTS:

- 1 tablespoon grapeseed oil
- 1 medium sweet potato, peel on, chopped into ½" cubes
- 1 yellow onion, diced
- 1 head red kale, stems removed, leaves chopped
- 1 quart chicken broth (or vegetable broth)
- ½ cup white wine (I used chardonnay)
- 1 can cannellini beans (15 ounces), drained and rinsed well
- 1 teaspoon dried Oregano
- ¼ teaspoon Thyme
- Salt & ground black pepper

### DIRECTIONS:

1. In a large pot, heat the oil over medium high and add the sweet potato. Sauté the sweet potato, stirring consistently about 5 minutes before adding the onion. Sauté about 8 minutes then add a splash of chicken broth to help steam the sweet potato and onion (the chicken broth should sizzle when it hits the pot). Continue cooking until sweet potato is softened but still al dente, another 5 minutes or so.
2. Add all of the chicken broth, white wine, cannellini beans and the oregano and thyme. Stir well and bring to a boil. Reduce heat to medium low and simmer covered about 10 minutes. Add the chopped kale leaves, stir, cover again and cook another 5 minutes until kale leaves are softened. Taste the soup and add salt and ground black pepper to taste.
3. ENJOY!