



I like different kinds of soups, especially during autumn and winter, since autumn is already here I decided to make Kale soup. It really became a hit! Fast and simple and comforting food! If you avoid cream, it will be completely vegan. I remove the stalk but you are free to use the whole kale.

**Ingredients:**

450 grams of Kale  
2 yellow onions  
3 - 4 garlic cloves  
1.5 dl white wine  
1 liter of water  
2 st concentrated stock "Fund Du Chef"  
1 teaspoon salt  
2 ml or 2/4 of a teaspoon black pepper  
1 ml or 1/4 of a teaspoon ground nutmeg  
1 ml or 1/4 of a teaspoon ground cumin  
1 teaspoon turmeric  
1 - 2 dl cream (can be excluded)  
1 - 2 tablespoons of squeezed lemon  
Butter for frying

**Method:**

1. Melt the butter in a spacious pan
2. Add the onion and fry for 5 - 7 minutes
3. Add the garlic and continue to fry for an additional 2 minutes
4. Add the wine and half of the water
5. Put the lid on and let it simmer for 15 minutes
6. Add the kale, seasoning, the two "Fond du Chef" and the rest of the water.
7. Bring it to a simmer on medium heat (with the lid on) for an additional 15 minutes or until the Kale has reduced in volume.
8. When the kale has reduced in volume, mix it well and allow to simmer for 5 more minutes with the lid on.
9. Process the mixture in a mixer and then pour it back into the pan.
10. Add the lemon juice and the cream (optional), taste and adjust seasoning.

Ready to serve! Warm sandwiches or garlic bread are nice to have with this soup.

Noshe Jan!