

## Winter Vegetable Soup



### Ingredients

5 leaves kale  
1 tbsp. olive oil  
1 onion, diced  
2 cloves garlic, minced (about 3 tbsp.)  
1 sweet potato, peeled and diced  
1 qt. chicken stock or broth  
28 oz. of diced tomatoes, canned or fresh diced with juice  
½ of a zucchini, sliced, cut in half if large  
2 oz. dry white wine, if desired  
kosher salt and pepper, to taste  
1 tsp. dried Italian herbs  
¼ cup fresh parmesan cheese, shredded or grated

### Procedure

1. In a 4-quart sauce pan, heat olive oil. Sauté the onions and garlic until fragrant.
2. Add the sweet potatoes, and sauté while stirring for a couple of minutes.
3. Add the tomatoes, stock, zucchini, dried herbs, salt and pepper. Bring to a simmer.
4. Remove the thick stems from the kale, and slice into approximately 1" strips. Add to pot and cook until desired tenderness.
5. Before serving, sprinkle in the cheese.

Makes about 3 quarts of soup

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