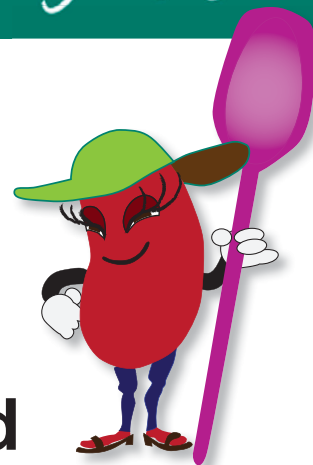


Beans, Rice And Everything Nice



Curried Potato Soup

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

1 small onion, diced
2 cloves garlic, minced
1 inch ginger, peeled and minced
1/4 teaspoon red pepper flakes
1/4 teaspoon turmeric
1 teaspoon ground cumin
2 teaspoons ground coriander
1-14 ounce can diced tomatoes
2 cups cooked chick peas, or 1-15
or 19 ounce can of chick peas,
drained and rinsed
2 large russet potatoes, washed and cubed
2 carrots, peeled and diced
6 cups water
1 cup frozen peas
1/2 bunch kale, washed, ribs removed
and leaves cut into ribbons
1/2 teaspoon garam masala
Cilantro to taste, chopped

1. Prepare all your ingredients before you begin. Set aside.
2. In a large soup pot over medium heat, steam saute the diced onion until translucent and slightly browned. Add small amounts of water as needed to prevent sticking.
3. Add the garlic and ginger, and saute briefly. Add the all the spice except the garam masala and toast briefly, until aromatic. Carefully, add the can of diced tomatoes. Stir to combine.
4. Add the chick peas, carrots, potatoes, and water. Stir to combine. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer for 15 minutes.
5. While the soup is cooking, wash the kale and separate the stems from the leaves. Chop the stems into little pieces and add to the soup now. Cut the leaves into thin ribbons and set aside.
6. After 15 minutes, mash the soup with a large potato masher. Stir in the frozen peas and garam masala. Top with kale ribbons and cover. Cook for 5 minutes. Stir in the kale and add chopped cilantro, and let cool for 5 minutes before serving.