

KALE & CHICKPEA SOUP

Vegan Chef
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INGREDIENTS:

1 chopped onion
5 garlic cloves
3 big potatoes
2 leeks
500g Curly kale
100 ml soy cream
1 splash vinegar
2 lt. water
Oil
Salt & Pepper

++ roasted chickpeas
as condiments

DIRECTION:

Peel and chop the potatoes in pieces and slice the leeks.
In a pot add a splash of oil, then fry garlic, onion and leeks for 4 minutes. Deglaze with a splash of vinegar.

Add the water and the potatoes and boil until they are soft.

Blend until smooth. Add the curly kale thinly chopped and cook for 5 minutes. Add salt & pepper.

Turn off the heat, let cool down for 5 minutes.
Plate adding some soy cream.

You can add some roasted chickpeas.

VEGAN BEAR CHEF