



FREEKEH SOUP

with Kale and Sweet Potatoes

PREP: **5 MIN**
TOTAL: **35 MIN**

LEVEL 1

NUT
FREE

DAIRY
FREE

VEGGIE




HELLO

TUNISIAN SPICE

An earthy blend featuring anise-flavored caraway

INGREDIENTS:

- Yellow Onion
- Sweet Potatoes
- Curry Powder
- Tunisian Spice Blend 
- Freekeh (Contains: Wheat)
- Veggie Stock Concentrates
- Chickpeas
- Chopped Kale

FOR 2 PEOPLE:

1
6 oz
1 tsp
1 tsp
¾ Cup
2
1 box
8 oz

FOR 4 PEOPLE:

2
12 oz
2 tsp
2 tsp
1 ½ Cups
4
2 boxes
8 oz

NUTRITION PER SERVING

2 person 733 cal | Fat: 15 g | Sat. Fat: 1 g | Protein: 32 g | Carbs: 116 g | Sugar: 9 g | Sodium: 614 mg | Fiber: 31 g
4 person 705 cal | Fat: 14 g | Sat. Fat: 1 g | Protein: 30 g | Carbs: 111 g | Sugar: 7 g | Sodium: 592 mg | Fiber: 29 g

START STRONG

To **chop potatoes into cubes**, halve them lengthwise first, then cut the halves into ½-inch-thick sticks. Next, cut the sticks into cubes and congratulate yourself on showing those potatoes who's boss, fair and square!



BUST OUT

- Peeler
- Large pot
- Olive oil (1 TBSP | 2 TBSP)
- Strainer

1 PREP

Wash and dry all produce.

Halve, peel, and finely chop **onion**. Peel and dice **sweet potatoes** into ½-inch cubes.

2 START SOUP

Heat a large drizzle of **olive oil** in a large pot over medium-high heat. Add **sweet potatoes** and **onion** and season with **salt** and **pepper**. Cook until onion is softened, about 3 minutes, tossing occasionally.

3 WARM SPICES

Add another drizzle of **olive oil** to pot, along with **curry powder** and **Tunisian spice blend**. Toss until fragrant, about 1 minute.



4 SIMMER FREEKEH

Stir **freekeh**, **stock concentrates**, and **5 cups water** into pot. Bring to a boil, then reduce to a simmer. Cover and cook until freekeh is tender, about 20 minutes.

5 DRAIN CHICKPEAS

While **freekeh** cooks, drain and rinse **chickpeas**. Got time while waiting for the soup to finish? Here's a fun fact: freekeh gets its name from the Arabic word for "to rub," which refers to the process its grains go through to become uniform in size.

6 FINISH SOUP

Stir **kale** and **chickpeas** into soup. Continue simmering until kale is wilted and chickpeas are warmed through, about 5 minutes. Season to taste with **salt** and **pepper**.

SUPERB!

Wanna make the soup again but can't find freekeh? Try Israeli couscous instead.