



Sunshine Soup

Prep time: 15 minutes

Cook time: 45 minutes

Makes: 6 Servings

Ingredients

3/4 cup Organic Millet-Whole Grain

2 tablespoons Extra Light Olive Oil

1/4 cup Medium Yellow Onion-Diced

1 tablespoon Large Clove Garlic

1/4 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon onion powder

1 teaspoon Liquid Hot Crushed Pepper

1/4 teaspoon Worcheshire Sauce

3/4 cup canned diced tomatoes

1 cup Unsalted Vegetable Stock

4 tablespoons Soy milk creamer

1/2 cup Canned Sweet Potatoes

1/2 cup Canned Sliced Carrots

2 cups Fresh Chopped Kale

Directions

1. In a sauce pan rinse and cook millet according to package directions.
2. In a sauté pan wilt Kale with Olive Oil and a touch of unsalted vegetable stock. In a medium pot over medium heat add Olive Oil.
3. Stir in onions and sauté until translucent. Add garlic and salt and pepper to taste and sauté additional two minutes. Stir in diced tomatoes and unsalted vegetable stock.
4. Bring to a boil then reduce heat to simmer, add carrots and sweet potatoes. Cook, covered 30 minutes. Remove from heat and use hand mixer (hand blender) until smooth. Then slowly add creamer a little at a time.
5. To serve add 1/4 cup millet to a serving bowl, pour in tomato and put kale on top (you can also mix kale and millet in just before serving).

Source: Westport Community Schools (Recipes for Healthy Kids Competition)