

Sweet Potato Kale Soup

Heat 1-2Tbsp Coconut Oil and sauté the following by adding in order:

1 Onion -chopped

1 cup Sweet Potatoes -diced

1 cup of Mushrooms

1 cup of Kale -chopped

Season to taste with:

Poultry seasoning

Sage

Rosemary

Salt

Add 1 cup of Coconut Milk and simmer until Sweet Potatoes are tender.

