



Ingredients

- ✓ 2 – 3 Tbsp. coconut or olive oil
- ✓ 3 – 4 small celery stalks, finely chopped
- ✓ 1 small onion or shallots, finely chopped
- ✓ 2 – 3 carrots, cut into small pieces
- ✓ 1 bunch kale, no stems & finely chopped
- ✓ 1 – 2 vegetable bouillon cubes (to taste)
- ✓ 2 – 3 Tbsp. nutritional yeast
- ✓ Fresh lemon juice (½ lemon)
- ✓ Black pepper (to taste)
- ✓ 5 – 6 cups water

Notes:

- You can substitute any leafy green vegetable; collards, spinach, chard, etc. instead of kale.

Preparation

Put oil into heated saucepan. Add chopped celery, onion and carrots. Sauté for a few minutes then add chopped kale. Sauté for a few more minutes until kale begins to get tender. Add enough water to cover vegetables. Add bouillon, nutritional yeast, lemon juice, and black pepper. Cook on high until all veggies are well cooked, adding more water if needed. Serve warm or hot.