

CREAM OF KALE SOUP

based on: <https://myquietkitchen.com/cream-of-kale-soup/> 4/26/26

Ingredients

- 2 tablespoon olive oil, divided
- 8 ounces raw kale, chopped
- 1 medium onion, chopped
- 5 large cloves of garlic, minced
- 4 cups soy milk
- 1 ½ teaspoons [sea salt](#)
- 2 tablespoons [nutritional yeast](#)
- ¼ teaspoon freshly grated nutmeg
- black pepper

Instructions

- Preheat a soup pot over medium heat. Add the oil and kale. Cook until wilted down. Set aside.
- Add the onions and the second tablespoon oil to the pot and cook until translucent and beginning to brown (about 5 minutes). Add the garlic and cook for 1 minute. Add the soy milk, salt, nutritional yeast, nutmeg and half of the sauteed kale. Bring to a simmer; reduce heat, cover, and cook 4 to 5 minutes. Uncover and remove from heat.
- Use a food processor to blend ***just the solids*** from the saute pan until creamy, adding liquid only if needed to puree.
- Pour the pureed mixture back into the soup pot and add the remaining kale.. Season with black pepper and stir to combine.
- Serve with vegan cheese and fresh croutons, if desired.

Notes

Store leftover cream of kale soup in an airtight container in the refrigerator for up to 5 days, or freeze for up to 1 month.