

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Warm, Satisfying and Delicious!

Lunch or Dinner in a Flash: Kale and White Bean Soup

1 ½ Tsp Olive Oil
2 Yellow Onions, Chopped
3 Cloves Garlic, grated
1 Bay Leaf
2 TB Smoked Paprika
2 TB Turmeric
1 Tsp Black Pepper
2 Cans Cannellini Beans, drained and rinsed
6 Cups Veggie Stock
1 Tsp Red Pepper Flakes
2 Tsp Dried Herbes de Provence
1 Tsp Sea Salt
1 Large Head Kale, sliced thinly into ribbons
Shredded Manchego or Asiago cheese

Step One

Heat the olive oil in a stockpot over medium-high heat. Add the onions and cook until soft - about 5 minutes. Add the garlic, bay leaf, paprika, turmeric and black pepper and cook about 3 minutes more.

Step Two

Add the beans and veggie stock into the pot. Simmer over medium heat until warm or about 15 minutes. Add the red pepper flakes, herbes and salt. Stir in the kale & let wilt. Garnish with the cheese.

2 Kitchen Smidgen

All you need to add to the soup to make it a meal is a salad. Top crunchy kale and dark green spinach with a simple vinaigrette like this one:

Simple Vinaigrette

¼ Cup Extra Virgin Olive Oil
2-3 TB Balsamic Vinegar
(or any vinegar or lemon juice)
1 Tsp Dijon Mustard
½ Tsp Pomegranate Molasses,
Honey or Agave Syrup
½ Tsp Turmeric
Sea Salt and Freshly Ground
Black Pepper to Taste
Add the ingredients to a jar and shake. (Or place in a bowl and whisk.)

3 Get Creative

Veggie Stock is so easy to make! Just add to a stockpot: your kale stems, ends of your onions and the skin, and any other bits and pieces from your veg drawer. Cover with water and bring to a boil. Simmer for about 30 minutes and strain the veggies out and cool before using or straining. Salt and pepper to taste.

4 WINE of the Week

Chateau L'Ermitage Costieres
de Nimes Rose
Southern France
Total Wine about \$10

This is not the same old rose! With it's bright salmon color and it's luscious explosion of fruit, this is a fun, affordable wine to enjoy with dinner or appetizers. Made from 50% Syrah, 30% Grenache and 20% Mourvèdre, it's an excellent representative of the juicy delicious wines of Southern France.