

March Gluten Free Recipe

Here's a **new recipe** for Kale and Sweet Potato Soup **with Gluten Free Brown Bread** from my friends at Astoria Mills <http://astoriamills.ca/products>



Delicious Hot Soup

This is a hearty cold weather meal, and since March winter chill is still with us, though the clear blue skies and sunny days herald the coming of spring, we can still enjoy this delicious soup. Of course with a slice or two of nutritious gluten free brown bread and butter.

This soup has a ham bone in it for flavor, but you can leave it out and just have a vegetable soup if you like. I always buy ham with the bone in. Sometimes when they remove the bone, they glue it back together to look pretty using some wheat glue. So make sure you buy gf ham. After roasting and having a meal or three, I leave some of the ham on the bone and freeze it for a soup later on.

Soup Recipe

As you can see from the photograph, I start by placing

2 large washed, with ends cut off but unpeeled, sweet potatoes in a large stock pot and adding

1 ham bone

2 large washed, with ends cut off but unpeeled, sweet potatoes in a large stock pot and adding

4 peeled whole onions

1 small head of red cabbage cut in two (for those who don't like boiled cabbage, you won't even notice it in there)

4 or 5 carrots whole

1/4 teaspoon ground black pepper

1 teaspoon salt if you are not using a ham bone

6 or 7 cloves of garlic

Place kale on top, fill pot with water to 3/4 full and place on stove. Bring to a boil, turn down and simmer covered for 2 or 3 hours until everything is soft. Before serving, use a large spoon to break everything apart into a nice smooth yet chunky soup.

(In the photo, you only see a little kale, but actually I packed in quite a bit of kale, greens are so good for you)

Vegetables in Soup Pot



Serve with **Gluten Free Brown Bread** made with [Astoria Mills Brown Bread - Mix #6](#) and a sprig of refreshing Cilantro on top!



Enjoy the wonderful taste of the bread and soup together. The bread has no 'off flavors' is soft and delicious as well as healthful with the added sprouted flax, sprouted chia seeds and source of resistant starch which is good for the digestion.

Just follow the directions on the Brown Bread Mix #6 package, all you have to add are eggs, water and oil. (If you need an egg free version, just use ground flax seeds instead of eggs)
Astoria Mills - Free From: gluten - wheat - milk - lactose - soy - bean/pea - sesame - tree nut - peanut - sulphites.

Bon Appetit!!

Sue



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<http://www.GlutenFreeLady.com>

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For more information about Yoli's Better Body System & Products visit -

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