

## Ham Kale Soup



- 1 quart chicken stock
- 2 T. olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 medium white potatoes or sweet potatoes, diced
- 2 sprigs parsley, chopped
- 1 t. dried Thyme
- 1/2 t. sea salt
- 1/4 t. ground black pepper
- 3/4 lb. organic ham, diced
- 1 c. chopped kale, packed

Place the olive oil, onion, carrots, celery, parsley, potato, Thyme, salt and pepper in the bowl of an Instant Pot, or large stock pot. If using an Instant Pot, set it to "Soup" and set the time to 30 minutes. Sauté the vegetables in the Instant Pot for five minutes while it heats up. If using a conventional stove, sauté the ingredients in the pot for about 5 minutes, until the onion begins to soften.

Add the ham and chicken stock, close the Instant Pot, and allow the cycle to run. When complete, reduce the pressure, remove the lid, and stir in the kale.

or

If using the stove, add the ham and chicken stock, cover and simmer for about 35-40 minutes, until the potatoes are tender.