UMass Extension
Nutrition Education Program

CAPE COD COOPERATIVE EXTENSION

P.O. Box 367 • Barnstable, MA 02630-0367 • TEL: (508) 375-6690 • FAX: (508) 362-4518 • www.capecodextension.org

Nutrition Education Program

Kale Chowder

Serves 6, 1 ¼ cup servings

Ingredients:



- 2 medium sized potatoes
- ½ cup diced onion
- ½ teaspoon garlic powder
- ½ teaspoon thyme
- ½ teaspoon oregano
- 3 cups water
- 2 cups low- sodium chicken or vegetable broth
- 1 14 ounce can diced tomatoes, no salt added
- 1 15 ounce can kidney beans, drained and rinsed
- 4 cups chopped, washed kale

1. Put all items except kale in a large pot. Bring to a boil and reduce to a simmer. Cook until potatoes are almost done, about 10 minutes.

2. Add kale. Cook for another 10 minutes.

3. Serve with grated parmesan cheese and chili pepper flakes if desired.

Recipe from foodandhealth.com

This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663.

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