sweet potato orzo soup



featured product:
baby kale

all the warm fuzzies for this minestrone-inspired orzo soup.

thanks to the tasty veggie mix, it's hearty enough for a meal while still feeling light and fresh. pair it with your favorite crusty bread or top with a little parmesan to put this one-pot delight over the top.

ingredients

2–4 sweet potatoes, peeled and chopped (depending on size)
1 (6 oz) package dried orzo
1 clamshell **organicgirl baby kale**
1 onion, diced
3 ribs of celery, chopped
2 tablespoons avocado oil
2 cups water
4 cups vegetable broth
1 tablespoon Italian seasoning
½ teaspoon sea salt

directions

1. heat the avocado oil in a large pot over medium heat.
2. add the diced onion and chopped celery. cook for 5–6 minutes, stirring occasionally, until the onion is soft and translucent.
3. stir in the chopped sweet potatoes, Italian seasoning, and sea salt. let cook for another 2–3 minutes to allow the flavors to meld.
4. add the water and vegetable broth to the pot. bring to a boil, then reduce heat to a simmer.
5. cover and cook for about 15 minutes, or until the sweet potatoes are just fork-tender.
6. stir in the dried orzo. simmer uncovered for 8–10 minutes, or until the orzo is cooked through. stir occasionally to prevent sticking.
7. turn off the heat and stir in organicgirl baby kale. let sit for a few minutes until the kale wilts.
8. ladle into bowls and enjoy warm.

optional: sprinkle with nutritional yeast or vegan parmesan