

Creamed Kale – Vegan – SOS

Prep Time: 5 minutes
Cook Time: 15 minutes
Total Time: 20 minutes

Serving Size: 4
Calories per serving: 291
Fat per serving: 13 grams

Ingredients

- 1/2 cup vegetable broth, Trader Joe's Low Sodium
- 3/4 cup soy milk or almond milk
- 4 cups Kale, chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 1 tablespoon nutritional yeast flakes
- 1/2 cup cashew nuts
- 1 pinch nutmeg
- 1 pinch red pepper flakes, to taste
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Instructions

1. In a large saucepan heat vegetable broth over medium heat, add onions and cook for a few minutes.
2. Pour to a blender and add milk, nuts, nutritional yeast, nutmeg, and garlic. Mix until mixture is smooth.
3. Transfer mixture into the saucepan and add the kale. Cook over medium heat for about 7 minutes.
4. Add red pepper flakes to taste, and serve.

Notes

Nutrition facts (per serving): Calories: 291, from fat: 103, total fat: 13g, cholesterol: 0mg, sodium: 136mg, total carbohydrate: 36g, fiber: 7g, sugar: 4g, protein: 14g.