

POTATO, KALE & PEA PUREE

INGREDIENTS

(Makes 8 oz.)

1 stem of curly green kale
1/2 c. peas
1 small potato
1 1/4 c. fresh chicken stock

DIRECTIONS

1. Remove the stem of the kale and roughly chop the leaves.
2. Shuck the peas (frozen is fine too).
3. Peel and roughly chop the potato.
4. Boil the chicken broth and add all the vegetables. Set heat to high and reduce to low when boiling.
5. Cook until potatoes are tender.
6. Puree in your babycook, food processor, or blender.