



Healthy Food for Kids

8

Tasty, Cost-Effective, and Nutritious Recipes!

Kale and Broccoli Soup



Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
1 cup yellow onion		\$1.29/onion	Target
1 garlic clove		\$0.50/10-12 cloves	Ralphs
1/2 cups vegetable broth	Good and Gather Vegetable Broth	\$1.39	Target
1 1/2 cup broccoli	Good and Gather Broccoli Florets	\$2.99/12 oz.	Target
1 1/2 cup kale	Kroger Kale	\$2.99/16 oz.	Ralphs
1 Russet potato		\$0.87/piece	Ralphs

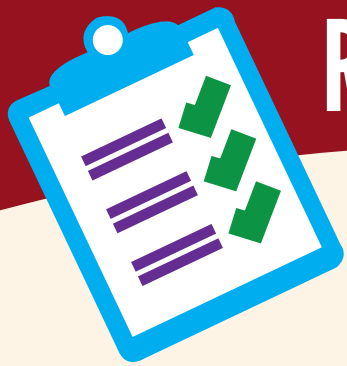
Ingredients Likely At Home

2 tablespoons olive oil	Kroger Extra Virgin Olive Oil	\$6.99/25.5 fl oz.	Ralphs
Salt (to taste)	Morton Iodized Salt	\$0.87/26 oz.	Target
Ground black pepper (to taste)	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target

Cost of Ingredients Not Likely at Home:
\$10.03 (Total); \$2.51 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$23.58 (Total); \$5.90 (per serving)

Recipe



Prep Time:
10 min
Cook Time:
40 min

1.

- Heat the oil in a medium saucepan over medium heat
- Add the onion (chopped) and cook, stirring until tender (about 3-5 minutes)
- Add the potato (peeled and chopped), garlic (minced), 1/2 teaspoon of salt, and some pepper, until the potatoes are well coated (about 2-3 minutes)
- Pour in the broth and 1 cup of water and bring to a simmer

2.

- Add the broccoli and simmer until the potatoes and broccoli are tender (about 15 minutes)
- Stir in the kale (chopped) and continue to cook until the kale is tender (about 5 minutes)

3.

- Remove from the heat, and let cool for at least 5 minutes
- Carefully use a blender to blend the broccoli, kale, and potato mix
- Reheat the soup if needed and adjust the consistency with water, salt, and pepper



Nutrition Facts

4 servings per recipe

Serving size

1 serving

Amount per serving

Calories

132.3

% Daily Value*

Total Fat 6.1g **9%**

Saturated Fat 0.9g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 675.9mg **28%**

Total Carbohydrates 18.5g **6%**

Dietary Fiber 4.6g **18%**

Total Sugars 6.1g

Includes 1g Added Sugars **2%**

Protein 3.2g **6%**

Vitamin D 0mcg **0%**

Calcium 91.80mg **9.2%**

Iron 1.09mg **6%**

Potassium 347.65mg **9.9%**

Vitamin K 0.219mg **273.3%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam shining down on the text.

Nutrition Spotlight

Vitamin K

Vitamin K is another fat-soluble vitamin that is very useful for healing wounds, increasing bone strength, and decreasing our chances of liver diseases or even liver cancer! When we have a scrape or a cut, our body helps by releasing “coagulation factors” that form a clot, which allows for skin cells to start forming and to close the gap from the wound. Vitamin K is an important ingredient in making these coagulation factors to help us the next time we accidentally hurt ourselves! Vitamin K is also important to prevent osteoporosis in the future, a disease that causes our bones to be weaker and easily broken.

For children ages 4-8 years old, the recommended amount everyday is about 55 mcg while 9-13 year olds should consume about 60 mcg. Although this soup has much more Vitamin K than is needed for each day, it is meant to be something that can be eaten once in a while to replenish our Vitamin K levels as well as provide the many other benefits that these leafy green vegetables can give us. Potential sources of Vitamin K include green, leafy vegetables like spinach, kale, and broccoli; vegetable oils; some fruits like blueberries; and soy produce.

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:
<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Food Network’s recipe, found here:
<https://www.foodnetwork.com/recipes/food-net-work-kitchen/kale-and-broccoli-soup-5478370>

The ‘nutrition facts’ label was created by inputting ingredients into Cronometer and is only an approximation:
<https://cronometer.com/>

The information on Vitamin K was retrieved from:
<https://ods.od.nih.gov/factsheets/VitaminK-Consumer/#:~:text=Vitamin%20K%20is%20a%20nutrient,of%20>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600246/vitamin%20K%20each%20day>.

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*