

Sweet Potato & Kale Braise

Ingredients

- 1 medium sweet potato, peeled and cubed
- 1 cup chopped kale
- 1/4 onion, chopped
- 1 clove garlic
- 1/2 tsp paprika
- 1 tbsp olive oil
- 3/4 cup water or light broth
- Sea salt to taste

Instructions

1. In a large pot, sauté onion and garlic.

2. Add sweet potato, kale, paprika, and water.

3. Cover and cook for 20 minutes or until soft.

4. Serve warm.

Benefits

Excellent for liver and blood sugar balance. High in antioxidants and fiber.