

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Okinawan Potato, Chicken & Kale Soup

**Serves 4 to 6**

### *Ingredients:*

3 cups water  
2 chicken breasts  
2 cups Okinawan sweet potatoes, cubed (about 2 small potatoes)  
1 cup carrots, diced  
5 cups unsalted chicken stock (32 oz tetra pack)  
3 cups kale, chopped  
1/2 teaspoon black pepper  
1/2 teaspoon dried basil  
1/2 teaspoon red curry paste  
1/2 teaspoon salt

### *Directions:*

1. In a large stock pot, add 3 cups of water with chicken breasts and boil on medium-high for 20 minutes or until chicken no longer pink.
2. Remove chicken breasts from pot and shred with fork.
3. Add shredded chicken back into pot along with all other ingredients.
4. Simmer soup until potatoes and carrots are soft.
5. Serve with your favorite whole grain bread.