

## Crockpot Kale & Chorizo Soup



THIS IS AN EASY 5 INGREDIENT RECIPE

1 pound chorizo, out of casing

1 bunch kale, de-stemmed

4 cloves garlic, minced

14.5oz diced tomatoes, undrained

4 cups low-sodium vegetable broth

1. Combine all ingredients in crockpot and cook on “low” setting for 6-8 hours.
2. Crumble chorizo (I find it easier to take it out of the crock, place it on a cutting board and “mash” it with a potato masher or meat tenderizer.
3. (If taken out) place chorizo in crockpot & stir.