



RAYS VEGAN SOUL

Plant based Living

"Food Made with Organic Love"

SAUTÉED KALE

Ingredients

- 1 bunches of Organic Kale remove stems and roughly chopped or 1 bag
- 1 onion
- 3 cloves of garlic
- 1 tablespoon of Coconut aminos
- 1 tablespoons of apple cider vinegar
- sea salt and cayenne pepper to taste

Directions: Wash Kale really well and cut into small pieces. In a pan sautéed onions and garlic and add Kale once tender add coconut aminos, apple cider vinegar , salt and cayenne pepper.



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SWEET POTATO & CARROT SOUP

Ingredients

- 4 tablespoons olive oil (can use broth if no oil)
- 2 medium yellow onions, chopped
- 1 tablespoon curry powder, or more to taste
- 1 pound carrots, peeled chopped
- 1-1/2 pounds sweet potatoes, peeled & chopped
- 8 cups veggie broth,
- 1-tsp Himalayan salt and cayenne pepper to taste
- 1 apple (such as Honeycrisp or Fuji), peeled and chopped
- 2 tablespoons of sweetener (Ifs

Directions In a large pot, add the oil over medium heat. Add the onions and cook until soft. Add the curry powder, carrots, sweet potatoes, broth and salt and bring to a boil. Cover and simmer over low heat until vegetables are very tender, about 25 minutes. Add apples and sweetener. In a Blender, puree the soup until smooth and creamy or use an immersion blender Season to taste with salt, cayenne and sweetener if necessary. Garnish with curry powder and or cayenne pepper