



# Tomato & Cheese

## with Kale & Garlic Crisps



*Eat well.  
Live well.*

**\*Soy-Free. \*DF. \*GF. \*Sugar-Free. Nut-Free.  
\*Vegan. Vegetarian. \*Paleo. \*Keto.  
\*Good for O & AB Blood-Types**

### What you'll need:

- 3 cans stewed or diced tomatoes\*
- 1 cup chicken broth\*
- 1/2 cup coconut milk\*
- 1/2 bunch of Lacinato kale
- 3 lg cloves of garlic
- 3 tbsp olive oil
- 3 tbsp sugar\*
- 1.5 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp ground oregano
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1/4 tsp turmeric
- 1/4 tsp sea salt
- 1/8 tsp ground black pepper\*
- small batch of spring greens
- Bread\*
- Cheese\*

### Champagne Dressing:

- 1/2 cup mayonnaise\*
- 3 tbsp apple cider vinegar
- 3 tbsp maple syrup\*

See foot notes for items marked with\*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Tomatoes, Chicken Broth, Kale, and Spring Greens.

**PREP: 30 minutes      COOK: 20 minutes      SERVES: 4**

- 1) Empty 2 cans of tomatoes in a blender. Strain the other can into blender, leaving the tomatoes out from 3<sup>rd</sup> can. Add broth and blend until creamy. Pour soup into a large pot and put on medium-low heat.
- 2) Chop up the tomatoes and add to soup along with coconut milk, olive oil, sugar, onion powder, garlic powder, oregano, chili powder, cumin, turmeric, sea salt, and black pepper. Stir well and let simmer as you prep everything else. Making sure to stir every few minutes.
- 3) Make the salad dressing by mixing all ingredients together, whisk until frothy, and place in fridge until needed.
- 4) Lightly spray a large fry pan with oil and put on medium-high heat as you prep the kale and garlic.
- 5) Strip the kale from its stem and slice into little ribbons. Mince the garlic. Add both the kale and garlic into the fry pan, lightly spray with oil making sure it's not too saturated. Fry on medium-high heat until it becomes browned and slightly crunchy.
- 6) Place kale & garlic on a paper towel and put off to the side until meal is ready to serve.
- 7) Wipe out fry pan and respray it with a light coat of oil and place on medium-high heat.
- 8) Now it's time to make the grilled cheese. Don't forget to stir the soup!
- 9) Place desired amount of grated cheese on bread, close the sandwich and microwave for 30-45 seconds so the cheese melts a little and keeps the bread together. *This has always been my secret to an amazing grilled cheese!*
- 10) When all your sandwiches are done, now it's time to grill them up. Spray or brush on oil to each side of the sandwich before putting in pan. Flip sandwich about every 45 seconds to ensure you don't burn one side. Keep flipping until you get the desired amount of golden glow you prefer. Take the pan off the heat but leave the sandwiches in there to keep warm.
- 11) Toss the salad with dressing and place on plates. Fill up the soup bowls. Cut the sandwiches and place on plate. Then sprinkle the soup with your Kale & Garlic crisps and serve.



**Soy-Free:** Must use a Soy-free mayonnaise for the champagne dressing if you want this recipe to remain soy-free. Our favorite is soy-free Veganaise.

**Dairy-Free:** Must use a dairy free cheese. Also be cautious of other ingredients that dairy-free cheese has in it to remain Vegan, Paleo, Keto, Sugar-Free, and Soy-Free. This can be tricky so you just need to decide what works best for you.

**Gluten-Free:** Must use a GF bread to keep this recipe GF. Also be cautious of other ingredients in the bread if you need it to be Vegan, Paleo, Keto, Sugar-Free, and Soy-Free. This can be tricky so you just need to decide what works best for you.

**Sugar-Free:** Must use a sugar substitute to keep this recipe Sugar-free, Paleo, and Keto. We like using Xylitol, but please know Xylitol can be deadly for dogs, so finding a different solution would be best if you are worried about your dogs being exposed. Monk Fruit, and Stevia are other options available.

**Vegan:** Must use vegetable broth instead of chicken broth. And you must use a vegan mayonnaise for the dressing, such as Veganaise, to keep this recipe Vegan.

**Keto:** Must use a Keto friendly bread, cheese, and sugar to keep this recipe Keto.

**Paleo:** Must use a Paleo friendly bread, cheese, and sugar to keep this recipe Paleo.

**Blood Types:**

If you are on a strict blood type cleanse, we don't recommend this recipe as a good option. There are a lot of items that are noted as avoids in the cleanse. Those are tomatoes (for A & AB), black pepper (for ALL), coconut milk (for ALL), safflower oil found in Veganaise (for ALL).

However, if you are an **O** or **AB** blood type, you can still make this meal by not adding the coconut milk and black pepper. And make an olive oil and lemon juice-based dressing for the salad.