

## **PORTUGUESE POTATO AND KALE SOUP**

NL #3-22 10/26/02

- 6 oz sausage; cut in half lengthwise and sliced
- 1 Tbsp Olive oil
- 1 Large onion; chopped
- 8 c Defatted reduced-sodium chicken stock
- 8 All-purpose potatoes (2 lbs. total), peeled and chunked
- 6 Cloves garlic, peeled, root trimmed
- 1 Bunch kale; (1 lb.), trimmed, washed and thinly sliced
- Salt and freshly ground black pepper to taste

Heat a small, nonstick skillet over medium heat. Add sausage and cook, stirring, until browned, about 5 minutes. Drain the chorizo on paper towels and set aside. In a heavy stockpot, heat oil over medium heat. Add onions and sauté until softened, 5 to 10 minutes. Add chicken stock, potatoes and garlic and bring to a boil. Reduce heat to low and simmer, uncovered, until potatoes are tender, 10 to 15 minutes. With a slotted spoon, transfer the potatoes and garlic to a bowl; lightly mash with a fork. Return to the soup and bring to a simmer. Stir in kale, a handful at a time. Simmer for 5 minutes, or until the kale is tender. Stir in the reserved chorizo and season with salt and pepper.

Serves 8.

254 calories per serving:

10 grams fat, 277 mg sodium and 19 mg cholesterol.

Source: "Eating Well" magazine - January/February, 1993

COMMENTS: For a satisfying winter supper, serve this peasant soup with chewy Portuguese corn bread called broa. Collard or mustard greens can be substituted for the kale.