Portuguese Kale Soup
Makes 6 servings

Ingredients:
- 1 large onion (1 cup chopped)
- 1 clove garlic
- 1 carrot (1/2 cup sliced)
- 1 tablespoon vegetable oil
- 8 cups water
- 1 teaspoon salt
- ¼ teaspoon hot pepper flakes
- 1 pound potatoes (3 cups cubed)
- ½ bunch kale (4 cups chopped)
- ¼ pound reduced-fat turkey kielbasa sausage (1 cup sliced)
- ¼ teaspoon pepper

More Fresh Ideas for Kale
• Stir-fry kale with other vegetables.
• Add kale to tomato sauce and serve over pasta.
• Sauté kale with onions.

Keep It Fresh
Store kale in the refrigerator for a few days.

Directions:
3. Add water, salt, and hot pepper flakes. Cover and bring to a boil.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. Wash kale, remove tough stems, and chop finely. Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste.


Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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