Portuguese Kale Soup

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.

Yields about 6 servings


Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value *</th>
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</thead>
<tbody>
<tr>
<td>Calories 160</td>
<td></td>
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<tr>
<td>Calories from Fat  40</td>
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<tr>
<td>Total Fat 4.5g</td>
<td>7%</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
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<tr>
<td>Trans Fat 0g</td>
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</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 600mg</td>
<td>25%</td>
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<tr>
<td>Total Carbohydrate 3g</td>
<td>8%</td>
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<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Sugars 3g</td>
<td></td>
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<tr>
<td>Protein 6g</td>
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</tbody>
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Vitamin A 170%
Vitamin C 110%
Calcium 8%
Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

25% calories from fat

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

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