



Portuguese Kale Soup

Prep time: 10 minutes

Makes: 6 Servings

Ingredients

1 cup onion, chopped
1 clove garlic, minced
1/2 cup Carrot, sliced
1 tablespoon vegetable oil
8 cups water
2 Chicken bouillon cubes
1/4 teaspoon hot pepper flakes (optional)
3 pounds Potatoes, cubed
4 cups kale, chopped
1/4 lb Turkey kielbasa sausage, sliced
(low-fat)
1/4 teaspoon pepper

Instructions

1. Cut onion in half. Cut ends and discard. Peel onion. Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot over medium heat. Add onion, garlic, and carrots. Cook for 10 minutes.
3. Add water, bouillon and hot pepper flakes. Cover and bring to boil.
4. Wash and peel potatoes. Cut into 1/2-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. Wash kale, remove tough stems and chop finely. (A child could help tear leaves in pieces instead of chopping.) Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes. Add pepper for taste.



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| Key Nutrients | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 180 | |
| Total Fat | 4.5 g | 7% |
| Protein | 11 g | |
| Carbohydrates | 24 g | 8% |
| Dietary Fiber | 4 g | 16% |
| Saturated Fat | 1 g | 5% |
| Sodium | 440 mg | 18% |



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