

Portuguese Kale Soup

From – www.foodnetwork.com

1 Tbsp olive oil
1 Tbsp finely chopped garlic
½ cup diced onions
½ cup diced turnips
½ cup diced carrots
1 bunch kale, stemmed and roughly chopped
6 ounces chopped chorizo
3 bay leaves
2 Tbsp chopped fresh parsley leaves
2 Tbsp chopped fresh thyme leaves
6 cups beef stock
1 cup kidney beans
6 ounces diced tomatoes
10 ounces diced potatoes

- In a large stock pot, heat the oil over medium-high heat. Add the garlic, onions, turnips and carrots and cook for 5 minutes.
- Add the kale, chorizo, bay leaves, parsley and thyme and mix well.
- Add the beef stock, beans and tomatoes. Bring the soup to a boil, and then reduce the heat to low and simmer for 30 to 40 minutes.
- Meanwhile, in a medium saucepan, bring salted water to a boil and add the diced potatoes. Cook until tender, about 10 minutes. Drain the potatoes and add them to the soup.



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