

Caldo Verde

The national dish of Portugal is a great way to use Kale (or any other winter green like Collards) to create a hearty, warming bowl for a wintery evening.

1 lb Kale or Collards rinsed well, trimmed of thick center stems and sliced into small pieces
(try rolling into a tight bundle and slicing thinly)

6 cups water or organic chicken stock or broth

2 medium onions cut into wedges

2 gloves garlic, minced

3 to 6 potatoes (the more you use the thicker the broth) cut into cubes

2 ½ tsp sea or kosher salt

3 or 4 TBS olive oil

Optional: ¼ lb of smoked Bradley's Country Store sausage, chorizo, or smoked veggie or turkey sausage thinly sliced.

- Bring potatoes, onions, garlic, broth, and salt to a boil in a large pot, lower heat, cover, and simmer until potatoes are tender. Puree in a blender, or use an immersion blender, until smooth.
- Return pot to stove and bring to boil. Add greens and 3 TBS olive oil and simmer until greens are tender.
- Brown sausage in skillet with remaining olive oil until brown on both sides. Add to soup which should have the consistency of cream. Add water or broth to thin if needed.
- Serve in bowls with crusty bread.

Contributed by Anthony Gaudio, Sustainable Tallahassee, winter 2012-2013