

Portuguese Kale Soup

Inspired by a Tarla Fallgatter recipe, 5/2011



Servings: 6

- 2 tablespoons olive oil
- 1 medium onion, finely chopped (about 1 cup)
- 3 whole garlic cloves, finely chopped
- 3/4 pound russet potatoes (about 3 medium) peeled and in 3/4 inch cubes
- 1 cup carrots, cubed
- 9 cups chicken stock
- Leftover Parmesan rinds, if available (optional)
- 1 1/2 cups cabbage, coarsely sliced
- 1 teaspoon dried thyme
- 1 whole bay leaf
- 1 pinch red pepper flakes
- 2 cups canned kidney beans, drained, rinsed
- 1/2 pound kale, stems removed, thinly chopped
- 4 ounces Kielbasa, 1/8 inch slices, halved
- 1/4 cup andouille sausage, in small cubes
- 2 tablespoons Italian parsley, chopped
- 1/2 cup Parmigiano-Reggiano cheese, grated

1. Heat oil in large stockpot over medium heat, add onion and saute until translucent. Add garlic and continue cooking for about 30 seconds. Add potatoes, carrots and Parmesan rinds and saute for about one minute. Add chicken stock and bring to a boil. Add cabbage, red pepper flakes, bay leaf and thyme. Reduce to a simmer and cook until potatoes are very soft, about 15 minutes. Add the kidney beans.
2. In a small saute pan over medium heat, saute the kielbasa and andouille until golden brown and crisp. Set aside.
3. To the soup pot add the kale and sausage and simmer for about 5 minutes.
4. Taste the soup and add salt and pepper to taste. If you prefer, you can puree the soup at this point.
5. Divide the soup among bowls, add parsley on top and sprinkle on the grated cheese. Serve hot.

Per Serving (excluding unknown items): 393 Calories; 17g Fat (39.8% calories from fat); 21g Protein; 36g Carbohydrate; 9g Dietary Fiber; 36mg Cholesterol; 3805mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>