

Portuguese Kale Soup

Makes: 6 Servings

Ingredients

- 1 large onion, chopped
- 1 clove garlic, minced
- 1 carrot, peeled and sliced
- 1 tablespoon vegetable oil
- 8 cups water
- 1/4 teaspoon hot pepper flakes
- 1-pound potatoes, cut into 1/2" cubes
- 1/2 bunch kale, stem removed and chopped
- 1/4 pound reduced-fat turkey kielbasa sausage, sliced
- 1/4 teaspoon ground pepper

Directions

1. Heat oil in large pot on medium heat. Add onion, garlic, and carrots. Sauté 10 minutes.
2. Add water, and hot pepper flakes. Cover and bring to a boil.
3. Add potatoes to boiling water. Cover and cook 10 minutes.
4. Add kale and sausage to soup. Cook uncovered 5 minutes.
5. Add pepper to taste. Serve.

Total Cost: \$3.56

Serving Cost: \$0.59

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001



Nutrition Facts	
6 servings per container	
Serving size	(143g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 459mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

