

Caldo Verde

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-portuguese-caldo-verde-recipe>

Ingredients:

- 1/2 pound chorizo
- 1/2 lb. chorizo, linguiça or kielbasa sausages
- 3/4 pound kale or collard greens
- 1/4 cup olive oil
- 2 yellow onions large, chopped
- 4 potatoes 1 to 1 1/4 lb. total, peeled and
- 4 garlic cloves finely minced
- 7 cups water or chicken stock
- 2 teaspoons salt plus more, to taste
- freshly ground pepper to taste
- extra-virgin olive oil for serving

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 50 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 9 grams
8. Sodium: 1430 milligrams
9. Sugar: 3 grams

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