

# Portuguese Kale Soup #Sunday Supper

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sunday-supper-recipe>

## Ingredients:

- 8 ounces fresh chorizo removed from casing
- 1 onion large, diced
- 3 garlic cloves minced
- 1 cup chicken broth
- 28 ounces crushed tomatoes with basil
- 1 can water
- 2 potatoes medium, peeled and cut into medium dice
- 16 ounces chickpeas drained
- 1 pound kale washed, stemmed and coarsely chopped
- salt and ground black pepper

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 50 milligrams
4. Fat: 24 grams
5. Fiber: 13 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 1380 milligrams
9. Sugar: 2 grams

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