

Portuguese Kale and Potato Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-portuguese-kale-and-potato-soup>

Ingredients:

- 1/4 cup extra virgin olive oil divided
- 1/2 pound kielbasa or chouriço or linguiça, smoked Portuguese sausages, cut into 1/2-inch pieces
- 1 onion medium, chopped
- 2 garlic cloves minced
- 1 pound russet baking potatoes peeled and cut into 1-inch pieces
- 6 cups water
- 1 stem ribs
- 1 pound kale

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 40 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 760 milligrams
9. Sugar: 1 grams

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