

Kale And Soy Chorizo Hash

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/soy-chorizo-chinese-recipe>

Ingredients:

- 3 pounds potatoes organic diced peeled rosette
- 12 ounces kale fresh, I use more
- 12 ounces soy chorizo I got mine at trader joes
- 1 piece fresh ginger chopped
- 4 tablespoons olive oil
- 1 pinch salt

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 60 milligrams
4. Fat: 37 grams
5. Fiber: 7 grams
6. Protein: 24 grams
7. SaturatedFat: 11 grams
8. Sodium: 950 milligrams
9. Sugar: 3 grams

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