

Portuguese Kale Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-kale-soup-recipe-rachael-ray>

Ingredients:

- 1 pound kale
- 1 pound potatoes chopped
- 1 pound chorizo removed from casings
- 1 cup onions chopped
- 1/2 cup carrots chopped
- 1/2 cup chopped celery
- 3 shallots chopped
- 4 cloves chopped garlic
- 2 tablespoons olive oil
- 2 quarts chicken broth
- 28 ounces canned chopped tomatoes drained
- salt
- freshly ground pepper

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 100 milligrams
4. Fat: 56 grams
5. Fiber: 11 grams
6. Protein: 50 grams
7. SaturatedFat: 17 grams
8. Sodium: 2090 milligrams
9. Sugar: 4 grams

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