

Caldo Verde

1 tbsp butter
5 oz chorizo, sliced into rounds
½ bunch lacinato kale, stems removed and roughly chopped
½ onion, roughly chopped
½ large russet potato, peeled and chopped
2 cloves garlic, thinly sliced
4 cups chicken stock

This is the recipe that made me start to appreciate kale. It's Portuguese in origin, and the soup is thick and velvety from the potatoes and spicy from the sausage. The traditional sausage is Linguiça, but that can be hard to find, so use chorizo. I'll admit, the chorizo I picked was not a good one for this recipe. Links that can be sliced are much better than the ground chorizo I got. Don't be like me. You could also use smoked sausage in a pinch.



This soup is the perfect one for a chilly but not freezing day. It's filling but not heavy. It's also a good way to introduce people to kale, as I can proudly attest. I like it with crusty bread. Yes, I know there are plenty of carbs in the soup. No, I don't care.

Melt the butter in a large pot over medium heat. When hot, sauté the chorizo until the sausage is slightly colored and the fat is rendered. Once that's happened, take out the chorizo and set aside. Save all the fat in the pot.

Add in all the other ingredients. Bring to a simmer. Simmer until the kale is tender and the potatoes are beginning to fall apart, about 20 minutes.

Either using an immersion blender or working in batches with a traditional blender, blend the soup until relatively smooth. Add the chorizo back in. Taste and adjust for salt and pepper. You might even want some cayenne.

Make sure everything is hot and enjoy!