

Portuguese Kale Soup

Yield: 9 cups

Serves: 6 adults

Ingredients

- 1 medium chopped onion (1 cup)
- 1 clove minced garlic
- 1 sliced carrot (1/2 cup)
- 1 tablespoon vegetable oil
- 8 cups water

- 2 chicken bouillon cubes
- 1/4 teaspoon hot pepper flakes (optional)
- 1 pound cubed potatoes (3 cups)
- 1 large bunch chopped kale (4 cups)
- 1/4 pound sliced low-fat turkey kielbasa sausage (1 cup)
- 1/4 teaspoon pepper.

Steps

1. Cut onion in half. Cut ends and **discard**. **Peel onion**. Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot over medium heat. Add onion, garlic, and carrots. Cook for 10 minutes.
3. Add water, bouillon and hot pepper flakes. Cover and bring to boil.
4. **Wash** and peel potatoes. Cut into 1/2-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. **Wash kale**, remove tough stems and chop finely. **(A child could help tear leaves in pieces instead of chopping.)** Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste.
9. **Enjoy!**

Have your child help you do the bold steps.

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