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Caldo Verde (Portuguese Sausage Kale Soup)

★★★★★

This soup is so hearty and comforting, you'll almost forget how good it is for you. And it's perfect for cold weather with the spicy sausage, kale, potatoes, and plenty of chicken broth.

By Chef John

Prep: 15 mins**Cook:** 1 hr 5 mins**Total:** 1 hr 20 mins**Servings:** 6**Yield:** 6 servings

Ingredients

12 ounces linguica
sausage, sliced

1 tablespoon olive oil

1 onion, finely diced

1 pinch salt

3 pounds russet
potatoes, peeled and
sliced 1/8 to 1/4 inch
thick

2 teaspoons salt, plus
more as needed

2 quarts chicken broth or
water

Directions

Step 1

Slice sausage into 1/4-inch rounds. Heat oil in a pot over medium-high heat. Add sausage and saute until sausage begins to turn brown and renders some fat, 3 to 5 minutes. Transfer with a slotted spoon to a dish. Reduce heat to medium-low; add onions and pinch of salt salt. Stir and cook until softened, 4 to 5 minutes.

Step 2

Transfer potatoes to pot. Sprinkle in 2 teaspoons salt. Pour in chicken broth. Increase heat to high and bring to a simmer. Reduce heat to medium-low; simmer until potatoes are tender, 8 to 10 minutes.

Step 3

When potatoes are tender, carefully mash them in the broth with a potato masher until broken up or completely mashed. Add kale, a handful at a time.

2 pounds kale - trimmed,
chopped, rinsed, drained

1 pinch cayenne pepper
(Optional)

Transfer browned sausage to soup. Bring to a simmer over medium-high heat. Reduce heat to medium-low and simmer until greens are tender, about 45 minutes.

Chef's Note:

I recommend trying to find Portuguese linguica, but pretty much any cured, spicy, smoked sausage will work. Andouille would be a great choice, as would a dried chorizo. As usual, feel free to adapt this as you see fit, but I wouldn't change the recommended russet potatoes.

Nutrition Facts

Per Serving: 565 calories; protein 25.1g; carbohydrates 62.1g; fat 25.6g; cholesterol 55.9mg; sodium 2850.6mg.

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