

## Caldo Verde

This chunky Portuguese inspired soup has a touch of spice from the hot pepper flakes. With the light broth, the chunks of potato and sausage are hearty enough for a fall evening meal.

1 tbsp (15 mL) extra virgin olive oil  
1 onion, chopped  
4 cloves garlic, minced  
1/4 tsp (1 mL) hot pepper flakes  
2 air-dried sweet chorizo sausages, sliced  
4 large Ontario round potatoes (about 1 1/2 lb/750 g), coarsely chopped  
6 cups (1.5 L) thinly sliced red Swiss chard or kale  
6 cups (1.5 L) water  
1/2 tsp (2 mL) salt

In soup pot, heat oil over medium heat and add onion, garlic and hot pepper flakes. Cook, stirring for 5 minutes or until softened. Add chorizo, potatoes and chard and stir to coat. Cook, stirring for 5 minutes or until chard has wilted. Add water and salt and bring to boil. Partially cover and simmer for about 20 minutes or until potatoes are tender.

Makes 6 to 8 servings.

Per each of 6 servings: 280 calories, 20 g protein, 11 g fat, 26 g carbohydrates, 3 g fibre, 1060 mg sodium, 520 mg potassium

