

Kale Soup



This Portuguese cold-weather soup is full of vibrantly green and healthy kale. Its traditional name is *caldo verde*, which means “green broth.” And, since there are lots of Portuguese Americans living in Massachusetts, it’s something you might see on a menu somewhere! Even better, you can make your own. It’s easy, warming, and so good for you.



This month’s recipe provides a great opportunity to try kale—a true unsung hero in the world of vegetables. Kale offers a super-high nutritional value and a super-low calorie count. What’s more, kale is in season during the winter months, when it’s at its sweetest and most flavorful. So now’s the time to treat yourself and your family to this delicious and easy-to-prepare kale soup.

Deval Patrick
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 30 MINUTES ■ TOTAL TIME: 1 HOUR ■ MAKES: ABOUT 10 CUPS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
Sharp knife
(adult needed)
Measuring cup
Large pot
Wooden spoon
Large spoon
Whisk

INGREDIENTS

8–10 ounces smoked sausage, such as chorizo, linguica, or kielbasa, diced
2–3 garlic cloves, peeled and chopped
1½ pounds red potatoes, scrubbed and diced
4 cups water
4 cups chicken broth
½ bunch kale, thick stems discarded, leaves very thinly sliced (about 4–5 cups)
Salt

“Diced” means cut up in squares about the size of dice.

INSTRUCTIONS

1. Put the pot on the stove and turn the heat to medium. When the pot is hot, add the sausage and cook for 5 minutes, moving it around with the wooden spoon so that it browns evenly.
2. Add the garlic and cook until it is nice and fragrant, about 2 minutes. Add the potatoes, water, and broth. Raise the heat to high, and bring to a boil.
3. Lower the heat to medium and cook, stirring occasionally, until the potatoes fall apart, about 25 minutes.
4. Add the kale and cook for 5 minutes.
5. Using a whisk, gently mash down half the potatoes to break them into smaller chunks. Taste the soup and add a little salt if you think it needs it.
6. Serve right away or transfer to a container, cover, and refrigerate up to 2 days.

NOTE: This soup tastes even better the next day! So if you can plan ahead, make it the day before you want to eat it! Patience is a virtue, right?

Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



CURLY KALE



Kale grows at The Kitchen Garden, a 20-acre farm in Sunderland, Mass. run by Tim Wilcox, Caroline Pam, and Jarrett Man, who grow specialty vegetables and provide free-range eggs for restaurants, farmers' markets, and local veggie lovers. Learn more at www.kitchengardenfarm.com.

There are many kinds of kale: green or purple kale, curly or plain kale, and Tuscan kale, also called "dinosaur kale" because of its warty, prehistoric-looking leaves.

DID YOU KNOW?

Kale is grown year round by many farmers in Massachusetts. In fact, there are over 35 winter farmers' markets in Massachusetts, where you can find our local kale (go to <http://bit.ly/tSDDUL> to find a winter farmers' market in your area).



PURPLE KALE



DINOSAUR KALE

Governor Patrick signed the Farm to School legislation in 2010 to encourage schools to buy produce directly from Massachusetts farmers. Close to a dozen farms sell kale to nearly 25 school districts in Massachusetts.



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