



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Caldo Verde with Soysage

Makes 6 servings

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 pounds Idaho potatoes, peeled and cut into 1/2-inch cubes
- 7 cups chicken or veggie broth
- Salt and freshly ground black pepper, to taste
- 1/2 teaspoon red pepper flakes
- 8 ounces kale, stems removed and thinly sliced
- 8 ounces Oryana soysage, chopped
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped fresh parsley

Heat the olive oil over medium-high heat in a large soup pot, and add the onions and garlic. Cook until the onions are soft about 5 minutes. Add the potatoes and broth, cover, and bring to a boil. Season with salt and pepper, and add the red pepper flakes. Reduce the heat to a simmer and cook, uncovered, until the potatoes are tender, 20 minutes. When the soup is thick and the potatoes have begun to break down, add the kale and simmer for 15 minutes. Add the soysage and cook for 5 more minutes. Stir in the cilantro and parsley and season to taste with salt and pepper. Serve hot.

Caldo verde is a popular soup of Portuguese and Brazilian cuisine. It is traditionally served with chorizo or other spicy sausage. It's creamy and comforting and a great way to use kale.

We make our own vegetarian "Soysage" right in the store. It's made from okara, a byproduct of tofu, and our own special blend of seasonings.