

Bite Spoon

Caldo Verde Recipe (Portuguese Green Soup)

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**Portuguese** Cuisine

Ingredients

For the Soup Base

- [ ] 2 tablespoons extra virgin olive oil, plus more for serving
- [ ] 1 large yellow onion, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 lbs starchy potatoes (like Russet or Yukon Gold), peeled and cut into 1-inch cubes
- [ ] 8 cups chicken or vegetable broth
- [ ] 1 bay leaf
- [ ] Sea salt and black pepper to taste

For the Greens and Finish

- [ ] 1 large bunch kale (about ½ lb), stems removed, leaves very thinly sliced
- [ ] 1 (6-8 oz) link of smoked beef sausage, sliced into rounds

Instructions

1. In a large Dutch oven or heavy-bottomed pot, heat the 2 tablespoons of olive oil over medium heat. Add the chopped onion and cook, stirring occasionally, until it's soft and translucent, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.
2. Add the cubed potatoes, broth, and the bay leaf to the pot. Bring to a boil, then reduce the heat to a simmer. Cook, uncovered, until the potatoes are very tender and starting to fall apart, about 20-25 minutes.
3. Remove the bay leaf. Using a potato masher, carefully mash the potatoes right in the pot until the soup is thickened but some small chunks remain. This creates the creamy texture.
4. Season the soup generously with salt and pepper. Stir in the thinly sliced kale and the sliced beef sausage. Cook for just another 3-5 minutes, until the kale is wilted and bright green and the sausage is heated through.
5. Taste and adjust seasoning if needed. Ladle the soup into bowls and finish each serving with a generous drizzle of your best extra virgin olive oil. Serve immediately.

Nutrition per serving

280 kcal	10 g	35 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the most authentic flavor, seek out Portuguese-style smoked beef sausage (linguiça or chouriço), but any good quality smoked beef sausage will work well.
- The soup will thicken as it sits. If you have leftovers, thin it out with a little extra broth or water when reheating.
- This recipe is very adaptable. Feel free to add other hearty greens like collard greens or even spinach (add spinach at the very last minute).