

Portuguese Kale and Potato Soup

Adapted from The Best of Bloodroot

This recipe features inexpensive nutrient packed veggies that are either stored for the winter after harvest (potatoes) or grown all through the growing season (kale), including winter in greenhouses. Occasionally kale can sustain a continued outdoor growth through the cold months, assuming it is well protected.

Kale is rich in chlorophyll, high in calcium, magnesium and other minerals, loaded with vitamins, antioxidants, phytochemicals and a great source of fiber. Best of all, it is rich in nitrates which convert to nitric oxide, the chemical that keeps our blood vessels open for healthier blood flow*. As we head into February which is Healthy Heart month, celebrate with a big bowl of Kale and Potato Soup!

1 large yellow onion
2-4 TBS olive oil
2 large cloves crushed garlic
a pinch of red pepper flakes
½ -¾ lb of kale
3 -4 medium size potatoes, coarsely cut into 1 ½”
pieces
1 quart water
3 – TBS tamari**
½ TBS salt
a dash of Tabasco

Peel and chop the onion. Put in soup kettle with oil, garlic and red pepper flakes. Sauté until slightly golden.

While onions are cooking, peel potatoes.

Wash the kale lightly in hot water.... this will get rid of any aphids you may find on organic unsprayed kale. Remove the tough center stem and roll up the leaves tightly. Shred leaves with a French chef's knife.

Add kale to the soup pot with water; bring to boil then lower heat to simmer. Add the potatoes, tamari, salt and Tabasco. Simmer until potatoes are done – kale will complete cooking at the same time. Use a potatoes masher to crush one or two of the pieces of the potato. Add freshly grated pepper to taste.

***Check with your physician if you are taking blood thinners as to how much leafy greens you should consume**

****Tamari is another form of soy sauce. Regular soy sauce works as well as does Liquid Aminos. Quantities can be adjusted based on your desire/requirements for sodium, as can the salt in this recipe.**

Bloodroot is a vegan restaurant in Bridgeport, CT where I worked for three years. I like to say that I “cut my culinary teeth” there. 😊

Maddie Sobel