RECIPE

# Kale soup with white beans and potatoes

A Portuguese-style lunch soup of kale, potatoes and white beans with smoked paprika and lemon, no sausage, with about 370 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

1 h

## Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 1 medium carrot, diced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 2 medium white potatoes (about 1 lb), scrubbed and cut in ½-inch cubes
- [ ] 3 cups no-salt-added canned white beans, drained and rinsed
- [ ] 3 cups low-sodium chicken broth
- [ ] 3 cups water
- [ ] 10 cups chopped kale, thick stems removed
- [ ] ¾ tsp salt
- [ ] ½ tsp black pepper
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp red wine vinegar

## Method

1. Heat 1 tbsp of the oil in a big pot over medium heat. Cook the onion and carrot for 6 to 8 minutes, until soft and starting to turn gold.

2. Stir in the garlic powder and smoked paprika for 30 seconds, until they smell warm.

3. Add the potatoes, beans, broth and water. Bring to a boil, then turn the heat down to a steady simmer, partly covered. At 5,300 ft water boils near 203 °F, so give the potatoes 20 to 25 minutes. They are ready when a cube falls apart under a fork.

4. Press a wooden spoon against the side of the pot and crush about a cup of the potatoes and beans into the broth. The soup turns slightly creamy and stays chunky.

- [ ] 1 tbsp olive oil, to stir in at the end

5. Stir in the kale, a handful at a time, as it wilts. Simmer 8 to 10 minutes, until the ribs are tender and the colour deepens.

6. Off the heat, stir in the salt, pepper, lemon juice, vinegar and the last tablespoon of oil. Taste, and add a splash more lemon before more salt.

7. Cool in shallow containers within 2 hours, then refrigerate. Reheat leftovers to a boil, stirring, or to 165 °F. Freezes in 2-cup tubs for 3 months; thaw overnight in the fridge (our kitchen practice; we hold no published source for it yet). Add a splash of water on reheating, since the potatoes thicken it.