

Caldo Verde (green soup) takes advantage of colorful winter vegetables. It is fast and easy, and so beautiful you would be proud to serve it at your next dinner party. If you are a stranger to kale, this is the time to try it out – among the list of “super foods” it is truly the most nutritionally dense scoring a 1000 on the Aggregate Nutrient Density Index (ANDI).

1 lb. chicken sausage links, sliced bite size
(Costco's Amylu brand Andouille Chicken Sausage or the Italian turkey sausage from Whole Foods' meat counter are good choices.)
2 onions, peeled & chopped
2 cloves fresh garlic, minced
2 large turnips, peeled & cut into 1" pieces
(You may substitute potatoes, but turnips have far better flavor & texture here.)
3 large carrots, sliced
1 lb. fresh kale, stems removed & leaves shredded
3 cups chicken broth + 1 cup water
¼ tsp red or black pepper
2 tsp ground oregano

In a large Dutch oven or heavy pan, brown the sausage and drain. Add onion and cook about 3 minutes until soft. Add garlic, carrots, turnips, chicken broth, oregano and pepper. Cover and simmer 10-15 minutes or until carrots are barely tender. Add kale and cook about 8 - 10 minutes longer so that it is tender but still bright green. Remove from heat and serve immediately.

From Ellen Ashley
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