



Published on *Kitchen Gardeners International* (<http://kgi.org>)

[Home](#) > Caldo Verde: Portuguese Kale Soup

---



## Caldo Verde: Portuguese Kale Soup

Fri, 02/09/2007 - 10:36 -- Roger Doiron

Introduction:

"Green broth" might not sound like the name of world-class soup, but that's just what "caldo verde" is. Considered by many as Portugal's national dish, this soup gets its greenness from finely sliced kale added to the simmering stockpot for a couple minutes just before serving. The dish is traditionally prepared with spicy chourico sausage, but you can substitute another hot sausage or omit the meat to create a lighter dish.

Preparation:

In a stockpot, heat the olive oil over medium heat. Add the onions and garlic and cook until soft and translucent. In a frying pan, cook the sausage, slice it and set aside for later. Add the potatoes to the stockpot and cover with water. Bring to a boil and lower the heat, simmering until the potatoes are almost done, about 15 minutes. Remove the pot from the heat and crush some of the potatoes using a potato masher or wooden spoon to thicken the broth. Return the pot to the heat and bring to a boil. Add the greens and simmer for 2 minutes. Season with salt and pepper, ladle into bowls, and garnish with sausage.

Image (optional):

Image credit (optional):

[source](#) [1]

Crops:

[kale](#) [2]

Cuisine:

[Spanish/Portuguese](#) [3]

Recipe Type:

[soups & stews](#) [4]

Ingredients:

- 1/4 cup olive oil
- 1 large Spanish onion, diced
- 2 cloves garlic, sliced
- 1 spicy sausage, sliced
- 6 medium boiling potatoes, peeled and diced
- 10 cups water
- 1 pound kale leaves, stalks removed, julienned very fine

- Salt and pepper to taste

Group content visibility:

Use group defaults

Promoted text:

Recipe: Portuguese Kale Soup

---

**Source URL:** <http://kgi.org/recipes/caldo-verde-portuguese-kale-soup>

**Links:**

[1] <http://rogerdoiron.com>

[2] <http://kgi.org/crops/kale>

[3] <http://kgi.org/cuisine/spanishportuguese>

[4] <http://kgi.org/recipe-type/soups-stews>