

# Sopa Portuguesa (Portuguese Soup)

2 TBSP olive or canola oil

4 medium sized potatoes cut into cubes

8 cups broth, (traditionally chicken broth)\*

1-19 oz. can drained white beans, (navy or kidney)

2 TBSP **Perky Portuguese**

1 onion finely chopped

4 cups, washed and chopped kale, or swiss chard

4 chorizo sausage, peeled and cubed **OR \*\***

1/4 cup plain yogurt and zest of 1 lemon **OR\*\*\***

- In an 8 quart pot, on medium heat, cook onion.
- Add stock, potatoes, swiss chard and **Perky Portuguese**
- Cook till potatoes have softened about 15 minutes.
- Add sausage and beans.
- Simmer another 20 minutes.
- Add yogurt and zest OR diced tomatoes
- Heat through

\* Use a low sodium chicken broth to reduce your sodium count by ½.

\*\* You can replace the Chorizo with Italian sausage, but cook it first before adding.

\*\*\* Replace with 1 – 19 oz can oz diced tomatoes for a “red” soup as opposed to the “cream soup”.

Serve with a crusty loaf of bread or a light salad & enjoy!

*Maria*



## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	293.7
<b>Total Fat</b>	6.0 g
Saturated Fat	2.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	5.0 g
<b>Cholesterol</b>	7.3 mg
<b>Sodium</b>	1,334.7 mg
<b>Potassium</b>	1,804.3 mg
<b>Total Carbohydrate</b>	50.5 g
Dietary Fiber	9.8 g
Sugars	5.2 g
<b>Protein</b>	12.6 g