

## Caldo Verde

Grated into the soup, the potato melts, its starch thickening the broth into a creamy winter warmer.

Makes 6 cups; 4 servings

**POINTS®** value 4 per serving

### Ingredients

- 1 spray nonstick cooking spray
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 8 ounces turkey sausage, cut into 1/2-inch thick rounds
- 4 cups chicken broth
- 1 medium baking potato (about 8 ounces), peeled
- 4 cups stemmed and shredded kale
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 3 dashes hot red pepper sauce

### Instructions

1. Spray a large saucepan with nonstick spray; set over medium heat. Add the onion; cook, stirring often, until softened, about 5 minutes. Add the garlic and cook for 20 seconds.
2. Add the sausage; cook, stirring often, until browned, about 5 minutes.
3. Pour in the broth; bring to a simmer, stirring often.
4. Using the small holes of a box grater, grate the potato into the stew. Stir well while returning to a simmer. Cover, reduce the heat to low, and simmer for 5 minutes, stirring a couple of times.
5. Stir in the kale; cover and continue cooking, stirring occasionally, until the kale is tender, about 12 minutes. Stir in the salt, pepper, and hot red pepper sauce before serving.

Serving size: 1 1/2 cups.