

Portuguese Kale Soup

ingredients

- 1 Tablespoon Olive Oil
- 1 Large Garlic Clove, Peeled and Minced
- 1/2 Large Onion Chopped
- 2 cups Chicken Broth
- 2 Cups Water
- 1 Small Head Organic Cauliflower, Chopped into Florets
- 8 Ounces Ground Chicken Sausage use your favorite flavored, such as Italian or spicy seasoned
- 3 Cups Thinly Sliced Kale

directions

1. Saute' onion and garlic in olive oil in a large saucepan for 2-3 minutes over medium heat
2. Add cauliflower and saute constantly stirred for 2-3 minutes
3. Add broth and water, cover and boil gently over high heat until cauliflower is soft
4. Once cauliflower is soft mash it slightly in the pan in the soup mixture pressing it to the side of the pot.
5. Meanwhile Fry sausage in skillet until done
6. Add the sausage to the mix and cook another 5 minutes
7. Add Kale and simmer uncovered for 5 minutes

MAKES 2 SERVINGS

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