

Caldo Verde Soup

(Serves 6)

Ingredients

3 pounds Yukon gold or russet potatoes, peeled and chopped

8 cups low-sodium chicken stock (or water)

1 bunch kale or collard greens (about $\frac{3}{4}$ to 1 pound), stemmed, coarsely chopped, and washed

2 to 3 precooked chicken or turkey sausages, cut into $\frac{1}{4}$ -inch slices
(or 1 cup cooked and rinsed red beans)

Directions

Put the potatoes in a large pot and cover with water or chicken broth. Bring to a boil over medium-high heat. Reduce the heat to a simmer and cook, partially covered, until tender, about 15 to 20 minutes. Remove from heat and use a potato masher to crush them in the pot.

Return to the heat and add the sliced sausages or beans. Stir in the greens, a few handfuls at a time, just before serving.

Adapted from Visiting Nurse Service of New York "Caregiver Cookbook"

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