MEDITERRANEAN · LUNCH · DINNER

# Caldo Verde: Portuguese Potato and Greens Soup

40 min · Serves 8 · 217 kcal a serve · Video 8:19 · HealthNut Nutrition

Vegan · Gluten-free ingredients · No nuts listed

A thrifty Portuguese family soup thickened only with blended potato, so it is creamy without cream: low in fat, with fibre and potassium from the potatoes and vitamin C and vitamin K from the shredded greens.

**Diet notes:** Low saturated fat (0.3 g, 1% of the energy).

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## Ingredients 8 · SERVES 8

- [ ] 8–10 **potatoes**, peeled and quartered
- [ ] 1.9–2.4 L of **water**
- [ ] 1 **brown onion**, finely chopped
- [ ] 2 cloves of **garlic**, minced
- [ ] 1 bunch of **collard greens**, stems removed, very thinly sliced
- [ ] 1 tbsp **olive oil**
- [ ] 2 tsp **sea salt**
- [ ] ¼ tsp **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Peel and quarter the potatoes, finely chop the onion and mince the garlic. Put them all in a large pot, cover with the water and bring to the boil. 1:38
2. Boil for about 20 minutes until the potatoes are completely soft. 3:04
3. Meanwhile, cut the stems off the collard greens, stack and roll the leaves, and slice them as thinly as you can into fine ribbons. Leave them in a bowl of cold water. 3:10
4. Blend the potatoes into their cooking water with a stick blender until smooth and creamy. 4:30
5. Drain the greens and stir them into the soup with the salt, pepper and olive oil. Simmer a few minutes until the greens are just tender, then serve hot. 4:53

> **Tip** Serves about 8 (our estimate). The traditional garnish is a few slices of chouriço; leave it out (as here) or use just a little per bowl. Kale or cavolo nero work instead of collards. Keeps 4 days in the fridge.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 217 kcal | 6.4 g | 45 g | 5.7 g | 2.2 g | 610 mg |
| 910 kJ | 13% of a day | 39 g net · 3.8 g sugars | 20% of a day | 0.3 g saturated | 27% of a day |
| | | 16% of a day | | 3% of a day | |

**Energy from** net carbs 77% · protein 13% · fat 10%

**High in** (20%+ of a day) Vitamin K 106% · Vitamin C 64% · Vitamin B6 41% · Potassium 26%

**Source of** (10–19%) Folate 19% · Magnesium 17% · Iron 15%

**Recipe and video:** HealthNut Nutrition (@HealthNutNutrition) on YouTube — youtube.com/watch?v=lev7MHMttOM, published 4 June 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/caldo-verde-portuguese-greens-soup