

## **Portugese soup**

(Soupish Caldene) for canning yield 7 quarts.

2 quarts ham broth  
2 quarts water  
4 onions chopped  
10 - 12 potatoes peeled and cubed  
2 lb chourico (linguica can be substituted) cut into small pieces  
2 TBSP olive oil  
2 bunches of fresh kale  
7 TBSPS dry white beans (1 per jar, I used great northern)  
Salt and Pepper to taste  
2 TBSP crushed red pepper flakes (optional)

In large stock pot, sautee chopped onions and chourico.

Add potatoes, broth and water, S & P, and Pepper flakes

Rinse kale well, and remove stems and stalk, chop well.

Add to potato/meat mix

Bring to boil.

Ladle into hot quart jars

add 1 TBSP of dry beans to each jar

add plain water if necessary to brings jars to 1inch headspace.

wipe rims, and put lids and rings on jars

Process in pressure canner for 90 minutes (75 minutes if doing pints)