

Kale and Chickpea Soup

Yield: Makes 6 main-course or 8 first-course servings

Active Time: 20 min

Total Time: 45 min

Ingredients

- 1 medium onion, chopped (1 cup)
- 2 garlic cloves, chopped
- 1 Turkish or 1/2 California bay leaf
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 1 large boiling potato(3/4 lb), peeled and cut into 1/2-inch pieces
- 3/4 lb kale, stems and center ribs cut out and discarded, then leaves very finely chopped in a food processor (4 cups)
- 3 1/2 cups reduced-sodium chicken broth (28 fl oz)
- 2 cups water
- 1 (14-oz) can chickpeas, rinsed and drained
- 1/4 lb Spanish chorizo (cured spiced pork sausage), casing discarded and sausage cut into 1/4-inch dice (1 cup)

Preparation

Cook onion, garlic, bay leaf, salt, and pepper in oil in a wide 4- to 6-quart heavy pot over moderate heat, stirring frequently, until onion and garlic are softened and beginning to brown, 5 to 7 minutes. Add potato, kale, broth, and water and cook, partially covered, until potatoes are tender, 15 to 20 minutes. Reduce heat to low, then add chickpeas and chorizo and gently simmer, uncovered, 3 minutes. Discard bay leaf and season with salt and pepper.

Variations:

We use 1 ring of farmer sausage instead of chorizo sausage. It makes for a different flavour and is quite nice.

We often omit salt and add dry chicken soup mix to taste.