

Slow Cooker Kale and Chorizo Soup

Makes: about 6 servings

Preparation time: about 20 minutes hands on, plus 6 to 8 hours in slow cooker

8 oz (225 g) dry-cured chorizo sausage (2 sticks of Seed to Sausage chorizo)

1 large onion, diced

4 cloves garlic, minced

4 red skin potatoes, scrubbed and sliced but not peeled

1 bay leaf

1 tsp (5 mL) sweet paprika

1/2 tsp (2 mL) smoked Spanish paprika

1 tsp (5 mL) salt

1 tsp (5 mL) fresh-ground pepper

4 cups (1 L) homemade or low-sodium chicken stock

1 bunch kale, stems discarded and torn into small pieces

Juice of 1 lemon

1. Cut chorizo sausages in half lengthwise, then across into slices. Heat a heavy frying pan over medium-high heat and sauté chorizo, stirring, until lightly browned and some oil has been released into the pan. Using a slotted spoon, transfer the chorizo to slow cooker.
2. Reduce heat to medium-low and add chopped onion and minced garlic to the pan and sauté, stirring, about 5 to 10 minutes or until onion is translucent and golden. Scoop onion and garlic into slow cooker.
3. Add sliced potatoes, bay leaf, paprikas, salt, pepper and chicken stock to slow cooker. Stir, then cover and cook on low heat for 6 to 8 hours, or until potatoes are tender.
4. Discard bay leaf. Using a slotted spoon, remove as many of the chorizo pieces as you can find easily and set aside.
5. Turn slow cooker to high, add kale, stir, then cover and cook for 10 to 15 minutes more, or just until kale is tender and turns a bright jade green. Use an immersion blender or a potato masher to purée soup until it is thick, with still has some chunks of potato. Return the chorizo to the pot and stir.
6. Season to taste with more salt and pepper. Ladle soup into bowls and top each with a splash of fresh lemon juice. Serve with crusty bread.