

Sopa de Agriões - Watercress Soup

This soup is easy to make and takes only 30 minutes to prepare.

It's loaded with vitamins and low in calories!

Ingredients:

- 2 large carrots (chopped)
- 2 cups of potatoes (chopped)
- 8 cups of water
- 1 large onion
- 1/4 cup of olive oil
- 1 teaspoon of salt
- 1 small bunch of watercress



Instructions:

1. Cook all of the ingredients except the watercress in a medium soup pan until the vegetables are tender.
2. Remove the pan from the burner and puree the soup with an immersion blender until smooth and creamy.
3. Place the soup back on the burner on low heat and simmer for about 5 minutes. Taste the soup and add more water or seasoning if desired. Add more water if you find the soup has thickened too much.
4. Wash and cut off the thick stems from the watercress and add to the soup. Cook on low heat for 5 minutes and serve.

You can substitute the watercress for spinach or green beans. In the watercress or spinach or soup you can also add 200g of white bean soup. If you're serving the soup later, add the watercress and heat up the soup for a few minutes.

Caldo verde

Caldo verde, typical portuguese soup, which translates to green broth, is the most famous soup in Portugal. It is consumed all year round, typically eaten during portuguese celebrations. It is sometimes served before a main course meal or you can also eat it as a late supper.

Ingredients (serves 4 persons):

- 200g / 7oz of shredded Galician kale
- 1 onion
- 2 garlic cloves
- 600g / 21oz of potatoes
- 8 slices of chouriço (chorizo) or salpicão (pork sausages)
- 15 ml of olive oil
- Salt



Steps:

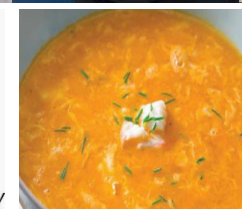
1. Peel the potatoes, the onion and the garlic cloves and boil them in 1.5 liters of water seasoned with salt and half the amount of the olive oil. Meanwhile, carefully wash the kale leaves and chop them into very thin and long pieces.
2. When the potatoes are fully cooked, blend the mixture, either with a hand blender or in a food processor. Then bring the mixture to a boil, adding the shredded kale on top and cooking for 5 minutes or until the leaves are properly cooked.
3. Add the remaining olive oil and if needed add salt.
4. Prepare four bowls: serve the soup in each one of the bowls with 2 slices of chouriço/salpicão .



Be well, teach well, learn well -

"Healthy food and health contact with nature"

Portuguese soup recipes



*enjoy
YOUR
meal*

Fish Soup

Ingredients:

- 400g of fresh fish (Nile perch, salmon, seabass, monkfish...)
- 250g shrimp crumble
- 5 table spoons olive oil
- 2 carrot
- 4 potatoes
- 1 onion
- 4 garlic cloves
- 2-3 red tomatoes (peeled) or 5 tablespoons of tomato paste
- 20dl white wine
- coriander leaves and salt



Steps:

1. Boil the fish and the prawns in water seasoned with salt and bay leaf.
2. Use a big pot and start cooking the chopped onion, garlic and carrot in olive oil. Let it be in low heat for 10 minutes stirring occasionally so it doesn't burn.
3. Add the skinless potato in cubes, the tomato and the wine. Let it cook for 10 minutes and don't forget to stir.
4. Save the boiled fish water and add to your vegetables. Taste it and season again if needed.
5. While you let the soup cook, get rid of the fish bones.
6. Use a hand blender to transform your veggies and water into a nice broth.
7. After blended add the fish, shrimp crumb and chopped coriander leaves. Cook for 10 minutes more and serve.

Canja – Canja - Chicken soup

Ingredients:

- 1/2 fresh Chicken (whole or cut into pieces)
- 12 cups water
- 1 large chopped onion
- 2 large carrots
- 2 cloves garlic (peeled)
- 1 tbsps salt
- 1 - 1/2 cups ORZO pasta (or white rice)



Instructions:

1. In a large stock pot, place the water, onion, 1 carrot, salt, the garlic and bring to a boil. Add the chicken and let it cook on medium for 1 hour. *(You can also use only one chicken breast and let it cook 1/2 hour).*

After that remove the chicken, dice the meat and reserve for later.

2. Diced the remaining carrot and add to the soup. Add the ORZO or rice to the soup and cook on medium for 10 minutes.

3. After 10 minutes, add the reserved diced chicken to the soup and stir. Let the soup cook on medium for additional 10 minutes.

(For an even more chicken flavored soup, add 1 or 2 KNOORR Chicken Bouillon cubes to taste and garnish with 1 mint leaf or chopped parsley, if you like it).

Vegetables soup

A delicious and very nutritious soup.

Ingredients:

- 2 medium onions
- 3 carrots
- 2 liters / (8 1/2 cups) water
- 1 medium potato
- 1 turnip
- leek
- 1/2 savoy cabbage or another cabbage
- 3 tablespoons olive oil
- Salt (to taste)



• NUTRITION FACTS PER SERVING (5 SERVINGS):

CALORIES: 165
TOTAL FAT: 8.5 G(13%)
SATURATED FAT: 1 G(6%)
CHOLESTEROL: 0 MG(0%)
SODIUM: 100 MG(4%)
TOTAL CARBOHYDRATE: 21.5 G(7%)
PROTEIN: 2.5 G

Steps:

1. In a pressure cooker with two liters / (8 1/2 cups) of water, cook on high heat the potatoes, the onions, the carrots, savoy cabbage, the turnip and leek, all cut into small pieces. When starts boiling reduce to low heat and cook (reserve a little cabbage, carrot, turnip and some bits of leek).
2. When is cooked, remove from heat for a moment, and grind everything with a hand blender.
3. Season the soup with olive oil and a little salt, stir and place again over heat.
4. When starts boiling, place bits of cabbage, sliced carrots, pieces of turnip, leek, and leave to cook for more 3 minutes. *You also can add one cup Barilla Plus elbow pasta and 200g of red kidney beans and leave to cook all for 10 minutes.*