



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	250
% Daily Value	
Total Fat	12g18%
Saturated Fat	5g25%
Cholesterol	35mg12%
Sodium	1440mg60%
Total Carbohydrate	25g8%
Dietary Fiber	4g16%
Protein	13g26%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté chorizo, potatoes, beans, smoked paprika and garlic in oil for 5 to 8 minutes or until chorizo is slightly browned. Stir in sherry; cook for 1 minute.
3. Stir chorizo mixture and kale into soup; bring to simmer. Cook for about 10 minutes or until vegetables are tender. Stir in cream, then lemon juice; return to gentle simmer.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) parsley.