



**Nutrition Facts**

Serving Size 1 12th recipe

**Amount Per Serving**

**Calories** 250

**% Daily Value**

**Total Fat** 12g **18%**

**Saturated Fat** 5g **25%**

**Cholesterol** 35mg **12%**

**Sodium** 1440mg **60%**

**Total Carbohydrate** 25g **8%**

**Dietary Fiber** 4g **16%**

**Protein** 13g **26%**

Vitamin A % Vitamin C %

Calcium % 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.