Kale is a dark leafy green that's part of the cabbage family. Nutrient and mineral dense, dark leafy greens are especially beneficial for health and well being. Very high in vitamins A, C, and K, and a great source of fiber and manganese, kale is a cost-efficient ingredient that can add a lot of nutrients to any meal!

**Cooking**
Leaves and stems are both edible, but stems are tougher and take longer to cook, so should be separated. Stems & leaves are great sauteed, stewed, or steamed. Stems can be added to soups, while leaves can be roasted into crispy snacks. To refresh wilted kale, trim stems and place upright in a container of cold water, like cut flowers.

**Storage**
Keep kale in a plastic bag in the refrigerator, with stems wrapped in a damp towel or cloth. Kale will stay fresh this way for 1-2 weeks. Kale can also be precut and packed into airtight bags or containers, then frozen up to 6 months.
Quick Kale & Chorizo Soup

Serves: 4     Total Time: 20

Ingredients:
• 2 oz fresh chorizo sausage, finely chopped
• 1 cup (1 small or ½ large) onion, chopped
• 3 garlic cloves, minced
• 3 cups chicken broth or stock
• 2 (15 oz) cans cannellini beans, rinsed and drained
• 4 cups chopped kale (stems & leaves)
• Salt and pepper to taste

Directions:
1. Heat a large saucepan over medium-high heat. Add chorizo to pan and sauté for 1 minute. Add onion and garlic, cook until tender, about 5 minutes.
2. Add broth and beans to the pan and bring to a boil.
3. Stir in kale and season with salt and pepper to taste. Reduce heat to medium and simmer at least 10 minutes, up to 20 minutes. The longer it simmers, the more flavors will meld.
4. Serve hot. Leftovers can be pre-portioned and kept for 2 weeks in the fridge, or frozen up to 3 months.