Sweet Potato, Kale and Chorizo Soup

About 8 1/2 cups (2 liters); 4 servings · Active 20 min · Total 50 min

Skills: Confident beginner

Ingredients

• 5 oz fully cooked ready-to-eat Spanish-style chorizo, casing removed if necessary and cut into small quarter-moons (150 g)

• 1 teaspoon olive oil (5 ml)

• 1 medium onion, diced (150 g)

• 2 garlic cloves, finely chopped (6 g)

• 1 lb 2 oz sweet potatoes, peeled and cut into 3/4-inch (2 cm) cubes (500 g)

• 1 can cannellini beans (15 oz/425 g), drained and rinsed to yield about 1 1/3 cups (240 g)

• 1/2 can diced tomatoes with their juice (7 oz/200 g)

• 4 cups low-sodium chicken stock (960 ml)

• 1/2 teaspoon dried thyme (0.5 g)

• 4 cups chopped kale leaves, tough stems removed (120 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

Set out

4-quart (4-liter) saucepan, Fork and small bowl, Instant-read thermometer

Allergens

Check chorizo and stock labels for milk, wheat, soy or other allergens. Check labels and substitutions.

Make it

1. Warm the oil in the saucepan over medium heat. Add the chorizo and cook for 3 minutes, stirring, until some red oil is released. Add the onion and cook for 6–7 minutes until softened. Stir in the garlic for 30 seconds.

2. Mash about one-third of the drained beans in the small bowl. Add the mashed and whole beans to the saucepan with the sweet potato, tomatoes, stock, thyme, salt and pepper.

3. Bring to a boil, reduce to a simmer and partly cover. Cook for 15–18 minutes until the sweet potato is tender when pierced.

4. Add the kale and simmer uncovered for 5–7 minutes, until tender. Stir well and check that the soup is heated throughout to 165°F/74°C. Add a little boiling water if it is thicker than you prefer.

5. Serve immediately. To carry hot, transfer to a preheated food flask, seal promptly and maintain 140°F/60°C or above until the meal. If your equipment cannot do that, cool and carry the soup chilled for reheating at work.

Freeze before the next roster change

Portion this soup into the amount you actually take to work. Freezing a single large block means you must thaw more than needed when the shift pattern changes.

A useful detail

This method assumes fully cooked chorizo. Do not substitute raw sausage without changing the cooking process and checking the appropriate safe internal temperature.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze for up to 2 months and thaw in the refrigerator. Reheat while stirring to 165°F/74°C. For chilled transport, use an insulated bag with two cold sources and refrigerate on arrival.