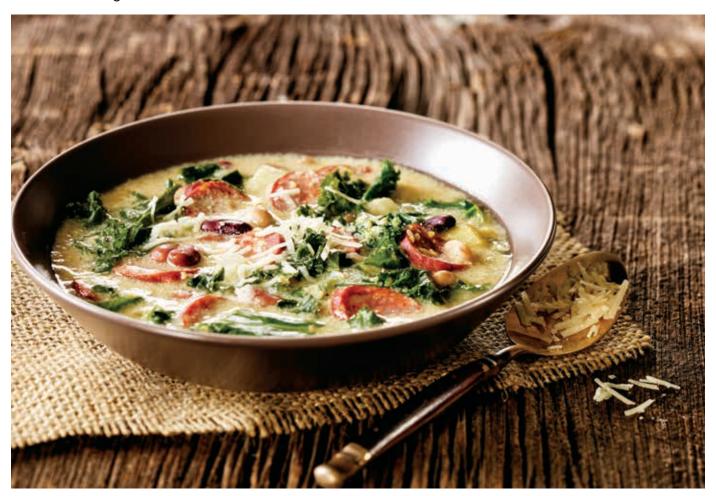


Hearty Chorizo and Greens Soup

There's nothing better than a hot bowl of belly warming soup on a cold wintry day. This quick and easy soup is thickened with cornmeal and eggs giving it a sweet velvety texture and loaded with healthy greens and fibre.

Makes 6-8 servings



INGREDIENTS

1/2 cup medium grind cornmeal

2 tablespoons olive oil

1/2 cup each diced carrot, celery and onion

2 cloves minced garlic

10 cups chicken broth

300 grams smoked chorizo sausage, thinly sliced

2 cups chopped kale

2 cups chopped collard greens

1 cup canned mixed beans

2 eggs

1/2 cup grated parmesan

1 teaspoon pepper

PREPARE

- 1. Toast cornmeal in a non stick skillet until light brown and fragrant, set aside.
- 2. Heat oil in a large pot over high heat; sauté carrot, celery, onion and garlic for 3 minutes.
- 3. Stir in cornmeal and broth and simmer until cornmeal is tender, about 20 minutes.
- 4. Add chorizo, kale, collards and beans. Cook until greens are wilted and tender.
- 5. Right before serving, whisk eggs in a bowl, add 2 ladles of hot broth slowly to eggs while whisking to temper them before stirring egg mixture into hot soup.
- 6. Serve with a sprinkling of parmesan and pepper.