

Italian Pork Chops with Kale

4 servings

2 lbs kale

1/4 cup olive oil

1 large peeled clove garlic

4 thick pork chops

2 teaspoons fennel [key!]

1 cup hot water

1 tablespoon tomato paste [I use an entire small can]

Soak kale and rinse it vigorously. Simmer kale for 20 mins with salt in large pot.

While kale is cooking, heat oil in large fry pan. Add garlic and cook for 2 mins over low heat. Add pork chops and saute for 5 mins on each side. Season to taste with salt, pepper, and fennel seed.

Dissolve tomato paste in hot water and add. Cover and cook on low for 30 minutes.

Add tomato sauce to kale. Cover and cook for another 10 minutes.

I serve this over mashed potatoes or rice.

Note: I use more garlic!

Portuguese Kale Soup

- 1/2 pound dried white pea beans
 - 1/2 pound chorizo sausage, thinly sliced
 - 1 pound beef soup bones
 - 1 quart water
 - 1 medium head cabbage, chopped
 - 2 bunches kale - rinsed, dried and chopped
 - 5 potatoes, peeled and cubed
 - 1 quart hot water or as needed
 - salt and pepper to taste
1. Soak beans in twice their volume of water 8 hours or overnight.
 2. In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour.
 3. Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and pepper.

