

SAUSAGE, KALE & POTATO SOUP

Recipe adapted from www.welcometothetable.coop

Total Time: 50 minutes; 20 minutes active

Servings: 6



INGREDIENTS

- 1 lb. sweet or hot Italian bulk sausage
- 1 yellow onion, diced
- 2 large potatoes, cubed to make 3 cups
- 2 large carrots, chopped
- 3 cloves garlic, crushed
- (1) 14.5-oz. can chicken broth
- (1) 15-oz. can diced tomatoes with juice
- 1/2 bunch kale, sliced
- 1 Tbsp. tomato paste
- 1 tsp. dried oregano, crushed
- 1 tsp. dried marjoram, crushed
- 1 Tbsp. salt
- 1 tsp. crushed red pepper flakes, to taste
- (optional) parsley, for garnish

DIRECTIONS

- 1** Place a large pot over medium-high heat and crumble the sausage into the pan. Stir as the sausage starts to sizzle; remove sausage from the pot and set aside.
- 2** Add the onion and reduce heat to medium-low. Cook, stirring occasionally, for about 20 minutes, until onion begins to brown.
- 3** Add the garlic and cook 2 minutes over medium heat. Then add herbs and tomato paste, cooking 2 minutes more.
- 4** Add the potatoes, carrot, chicken broth, tomatoes, kale, and salt. If desired, add red pepper flakes.
- 5** Cover and bring to a boil, then reduce the heat to low, return the sausage to the pot, and simmer for about 15 minutes. When the potatoes are tender, serve. Garnish with chopped parsley if desired.