

POTATO KALE SAUSAGE SOUP

NAME OF DISH

INGREDIENTS

- * 3/4 cup chopped onion
- * 1 tablespoon olive oil
- * 2 garlic cloves, minced
- * 4 cups reduced-sodium chicken broth
- * 2 medium potatoes, peeled and cubed
- * 1/4 teaspoon salt
- * 1/4 teaspoon pepper
- * 1 bunch kale, trimmed and chopped
- * 1 can (15 ounces) cannellini beans, rinsed and drained
- * 1/2 pound reduced-fat fully cooked Polish sausage or turkey kielbasa, sliced

TOTAL TIME: Prep: 10 min. Cook: 25 min.

YIELD: 7 servings



INSTRUCTIONS

Step 1- In a large saucepan or Dutch oven, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Add the broth, potatoes, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender.

Step 2- Using a potato masher, mash potatoes slightly. Add the kale, beans and sausage; cook over medium-low heat until kale is tender.

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