

Eat Smart • Move More

Sausage, Bean, and Kale Soup

Prep Time: 30 minutes

Total Time: 1 hour



Ingredients

- 1 teaspoon olive oil
- ½ pound sweet Italian turkey sausage links
- 16 ounces canned low-sodium white beans, drained and rinsed
- 2 potatoes, diced
- 1 onion, diced
- 1 carrot, diced
- 2 cloves garlic, minced
- 4 cups kale, roughly chopped
- 1 quart water
- ¼ cup parmesan cheese, grated

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(592.17g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 430mg	19%
Total Carbohydrate 48g	17%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 24g	
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 4mg	25%
Potassium 1123mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in large pot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to pot and cook until beginning to soften, about 5 minutes.
- Add kale to pot and cook until wilted.
- Add water to pot. Bring to a boil. Reduce heat, cover with lid and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Top with grated parmesan to serve.

Quick Tips

- ▶ For a cheaper and healthier version, replace turkey sausage with another can of white beans.
- ▶ Substitute shredded cabbage for kale in this soup.
- ▶ Substitute ¼ teaspoon garlic powder for 2 cloves.

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(Recipe from University of Minnesota Extension Recipe box, as listed at <https://apps.extension.umn.edu/family/the-recipe-box/tuscan-white-bean-soup/>)

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