

# 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 garlic cloves, minced
- 1 quart water
- 4 cups kale, roughly chopped
- ¼ cup parmesan cheese, grated

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (607.79g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 25g	
Vitamin D 0mcg	<b>0%</b>
Calcium 222mg	<b>15%</b>
Iron 5mg	<b>25%</b>
Potassium 1290mg	<b>25%</b>

\*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 a pot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add water and bring to a boil. Reduce heat, cover with lid and simmer 15 - 30 minutes or until potatoes are soft and fully cooked.
- Add kale to pot and cook until wilted.
- Top with grated parmesan and 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>.)

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