

Sausage, Bean, and Kale Soup

Prep Time: 30 Minutes

Total Time: 1 Hour



Ingredients

- 1 teaspoon olive oil
- 1 pound sweet Italian turkey sausage
- 1 pound canned white beans – no added salt, drained and rinsed
- 2 potatoes, diced
- 1 onion, diced
- 1 carrot, diced
- 2 garlic cloves, minced
- 4 cups kale, roughly chopped
- 6 cups water
- 2 cups chicken broth, no added salt
- ¼ cup Parmesan cheese

Nutrition Facts

6 servings per container	
Serving size	(594g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 3mg	15%
Potassium 1314mg	30%

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

Directions

- Wash hands.
- Heat oil in a pot over medium heat. Add sausage and sauté until browned. Avoid cross-contamination of raw meat and vegetables.
- Add beans, potatoes, onion, carrot, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add kale to pot and cook until wilted.
- Add water and broth to the pot. Bring to a boil. Reduce heat, cover with lid, and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Serve with Parmesan cheese
- **To prepare in a slow cooker**, place browned sausage, beans, potatoes, onion, carrot, and garlic in slow cooker. Heat water and broth to boiling. Pour over meat and vegetables in slow cooker. Cook on high for 4 to 5 hours or low for 7 to 8 hours. With about 30 minutes left of cooking time, add kale to soup and stir to encourage wilting.

(Recipe adapted from: <https://www.delish.com>.)

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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