SAUSAGE & KALE SOUP

May this recipe warm and nourish you.

1/2 cup of diced carrot
1/2 cup of diced onion
1/2 cup of diced celery
2 Tablespoons of extra virgin olive oil
3 or 4 Italian sausages (casings removed, chopped)
1 can of drained cannellini beans
1 large can (48 oz.) of College Inn Chicken Broth (that one tastes the best)
1 can of Del Monte diced tomatoes (flavored with oregano, garlic, and basil)
4 cups of chopped Kale

Directions:

Sauté carrots, celery, and onion in the 2 tablespoons of olive oil until quite soft (about 7 to 10 minutes.) Add Italian sausage and cook until sausage is no longer pink. Add the 1 can of drained cannellini beans and stir. Add the 1 can of diced tomatoes, stir, then add large can of chicken broth and bring to a slow boil. Lastly, add 4 cups of chopped kale and cook until kale is wilted.

You can sprinkle a little parmesan cheese on top of individual bowls if you like . .

From 2021 Soup & Hope Speaker, Martin Stallone, MD