

## Sausage Bean Kale Soup

### Ingredients:

16 ounces white beans, canned  
 1 teaspoon vegetable oil  
 1/2 pound sweet Italian turkey  
 sausage links  
 2 potatoes  
 1 carrot  
 1 onion  
 2 cloves garlic  
 4 cups kale  
 1 quart chicken broth, low sodium  
 1 quart water  
 1/4 cup Parmesan cheese, grated

### Equipment:

Medium stockpot and lid  
 Colander  
 Can opener  
 Cutting Board  
 Knife  
 Measuring cups

Number of Servings: 6  
 Prep Time: 30 minutes  
 Total Time: 1 hour

### Directions

1. Cut ends off of onion and peel off brown layers. Chop into small pieces.
2. Wash carrot and slice into small pieces. Wash potato and dice into small pieces. Set aside.
3. Open beans and place in colander. Rinse with running water to remove sodium.
4. Wash kale and tear into small pieces.
5. Heat oil in stock pot over medium heat. Add sausage and cook until browned. Remove and drain sausage well on paper towels.
6. In same pot, add onions, carrots, potatoes and beans. Season with garlic powder. Cook mixture 5 minutes to begin to soften the vegetables. Add kale and wilt.
7. Add chicken stock and cover pot. Turn pot up to high and bring soup to a boil. Reduce heat to simmer and cook 15 minutes.
8. Adjust seasonings and serve soup with grated Parmesan cheese, for topping.

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### Nutrition Facts

Serving Size: 2 cups

Servings: 4

Amount Per Serving

**Calories 334**

Calories from Fat 81

%Daily Value\*

**Total Fat 9g** 14%

Saturated Fat 3g 14%

**Cholesterol 52mg** 17%

**Sodium 570mg** 24%

**Potassium 1093mg** 31%

**Total Carbohydrate 42g** 14%

Dietary Fiber 8g 33%

**Protein 24g** 46%

Vitamin A 221% Vitamin C 151%

Iron 28% Calcium 26%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Soup tastes just like an Italian  
 restaurant chain's famous soup.**

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