TUSCAN WHITE BEAN, SAUSAGE & KALE SOUP

SERVES 8

Preparation time: 30 minutes
Cook time: 1 hour

INGREDIENTS

1 large onion, chopped
3 medium carrots, chopped
1 tablespoon olive oil or vegetable oil
3 cloves garlic, minced
1 can (14.5 ounces) diced tomatoes
5-7 cups unsalted, low-sodium chicken broth or prepared bouillon
½ pound fresh kale, stems removed, leaves chopped into small pieces
2 cans white beans, drained
1 bay leaf
1 pound Italian sausage
Grated Parmesan cheese

DIRECTIONS

1. Sauté chopped onions and carrots in oil. Once onions are translucent, add garlic and diced tomatoes. Cook another couple minutes.
2. Add broth, kale, beans, and bay leaf. Bring to boil, then simmer for about 30 minutes.
3. While soup is simmering, lightly brown sausage in fry pan (fry until cooked if using raw sausage; fry until browned if using pre-cooked sausage). Drain grease from sausage and rinse meat. Add salt and pepper to taste.
4. Add sausage to soup.
5. Garnish with parmesan cheese.
6. Refrigerate leftovers in small containers.

SIMPLY GOOD EATING

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Cook time: 1 hour

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TIPS & VARIATIONS

• FOR A LOW-FAT SOUP leave out Italian sausage.
• ADD RED PEPPER FLAKES for more flavor.
• KIDS CAN remove kale from the stems by running the kale through their fingers. Very fun!