
KALE, SAUSAGE, RED POTATOES, AND CANNELLINI BEAN SOUP

Prep time: 20 minutes

Total Time: 50 minutes

Servings: 8-10

INGREDIENTS:

- 2 teaspoons olive oil
- 6 ounces reduced-fat smoked turkey kielbasa or vegan sausage, chopped
- 1 large onion, chopped
- 4 ribs of celery, chopped
- 8 garlic clove, minced
- 6 cups low-sodium chicken broth
- 2 cups water
- 8 ounces fresh kale, thick stems removed and leaves sliced into ribbons
- 12 ounces red potatoes, cut into 1/2-inch pieces with skin on
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 16 ounce can small white beans or cannellini beans, rinsed and drained*



DIRECTIONS:

1. Heat oil in a large soup pot over medium heat. Add kielbasa or sausage and cook until browned all over, about 5 minutes. Remove to a bowl.
2. Add onion and celery to the pot and cook until soft, 5 to 6 minutes. Add garlic and cook 1 minute. Return kielbasa to the pot and add broth, water, and kale. Bring to a boil over high heat and then reduce heat to medium-low. Cover and simmer until kale begins to wilt, about 10 minutes.
3. Stir in potatoes, paprika, cayenne pepper, and salt. Simmer, covered, until potatoes and kale are tender, about 20 minutes. Add beans and cook just until heated through about 5 minutes.

NOTES;

1. You can use 2 packages (10 ounces each) of frozen kale instead, thawed
2. Be sure to keep the juice from the can of beans. Drain beans into a bowl instead of the sink. That aquafaba can be used as an egg replacement in other recipes.