



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Sausage, Kale and Bean Soup with Green Salad and Sourdough Bread

Sausage, Kale and Bean Soup

Recipe adapted from KitchenStewardship.com

Ingredients:

2 Tbs. extra-virgin olive oil
1/2 or 1 pound bulk Italian sweet or hot sausage
(avoid nitrates/nitrites)
1 medium onion, chopped
2-3 carrots, chopped
1 large potato, peeled and chopped
2 cloves garlic, chopped

1 bay leaf
2 cans white beans, drained and rinsed
Sea salt and pepper
4 cups fresh kale (or other leafy green like spinach)
2 quarts chicken broth
Grated Parmigiano-Reggiano or Romano, to pass at table

Instructions:

- Heat medium soup pot over medium-low heat.
- Add the oil and sausage and brown.
- Add veggies, bay leaf and beans.
- Season to taste with sea salt and pepper.
- Cook 5 minutes to soften veggies.
- Add greens and wilt.
- Add broth and cover.
- Raise heat and bring to a boil.
- Reduce heat and simmer 15 minutes.
- Serve with grated cheese for topping.

Serve with your favorite sourdough bread and a green salad.

Enjoy!