RECIPE

Sausage, Kale and Potato Soup

A hearty dinner soup of crumbled chicken sausage, white beans, tender potatoes and kale in a garlicky broth.

MAKES

8 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 8 oz bulk chicken sausage
- [ ] 1 large onion, diced
- [ ] 4 cloves garlic, minced
- [ ] 6 cups reduced-sodium chicken broth
- [ ] 1 cup water
- [ ] 1 ½ lb Yukon gold potatoes, scrubbed and cut in ½-inch cubes
- [ ] 1 can (15 oz) no-salt-added white beans, drained and rinsed
- [ ] 6 cups chopped kale, stems removed (about 6 oz)
- [ ] ½ tsp black pepper
- [ ] ¼ tsp salt
- [ ] 2 tsp lemon juice

Method

1. Set a 5-quart pot over medium-high heat. Warm the oil, then crumble in the sausage and cook 6 to 8 minutes, breaking it into small bits, until no pink is left. Cooked chicken sausage reads 165 °F.
2. Add the onion and cook 4 minutes, until soft. Add the garlic and stir 30 seconds.
3. Pour in the broth and water. Add the potatoes, pepper and salt. Bring to a boil, turn the heat down and simmer, lid ajar, 15 to 18 minutes, until a fork slides into a potato cube with no push. A mile up the water boils near 203 °F, so the potatoes take about a quarter longer than the 13 or 14 minutes they would at sea level.
4. Stir in the kale and the beans and simmer 4 to 5 minutes, until it is tender and dark green.

5. Stir in the lemon juice. Taste and add salt only if it needs it.

6. Cool leftovers within 2 hours, then refrigerate. Reheat to a boil, stirring.