

Kale & Sausage Soup

Ingredients

- 1 lb sweet Italian sausage, casings removed
- 1 cup yellow onion, diced
- 2 garlic cloves, minced
- 32 oz. chicken stock
- 24 oz. original V-8 juice
- 12 large tomatoes, chopped
- $\frac{1}{2}$ tsp black pepper
- 16 oz. cannellini beans
- 5 cups kale, deribbed and torn

Directions

1. In a large stock pot, cook sausage over medium-high heat. Stir often until sausage crumbles start to brown. Add in onion and garlic, saute.
2. Add chicken stock and V-8 juice into pot. Scrape bottom of pot to season liquid.
3. Add in tomatoes, salt and pepper. Break up tomatoes as the soup comes up to a boil. Turn heat down to simmer and add in cannellini beans. Simmer covered for 25 minutes.
4. . Uncover, add in kale, stir constantly as kale wilts in soup. Once softened, remove from heat and serve.

Handling & Storage

There are several different types of kale. They come in bunches that have small to medium leaves. Kale can be stored

in a plastic bag for up to 5 days in the coldest part of the refrigerator.

Make sure to wash thoroughly before eating. Remove the stalk and center vein by hand or with a knife. Depending on the recipe, chop or tear the leaves.

Nutritional Information

Calories: 247

Total Fat: 4.1 g

Saturated Fat: 1.4 g

Trans Fat: 0.0 g

Cholesterol: 11 mg

Sodium: 636 mg

Total Carbohydrates: 37.4 g

Dietary Fiber: 12.7 g

Sugars: 8.1 g

Protein: 18.2 g

Serves: 12