

★ Kale Potato Sausage Soup

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Prep: 10m **Cook:** 20m **Total:** 30m

Yield: 6

Dinner

Soup



Ingredients

- 1 lb mild Italian sausage ((casing removed, I buy it with no casing from the store))
- 1 1/2 tbsp vegetable oil
- 1 small onion (, diced)
- 2 garlic cloves (, pressed)
- 1/2 tsp dried oregano
- 1/4 tsp red pepper flakes ((optional))
- salt and black pepper to taste ((I usually use 1 tsp salt and 1/4 tsp black pepper))
- 1 lb small new potatoes or red potatoes (, diced)
- 6 cups chicken broth ((alternatively use water and chicken bullion))
- 1 bunch of kale (, washed and chopped)
- 1/4 cup heavy cream ((optional, I sometimes omit it to reduce the calories in the soup))

Instructions

1. In a deep pot, heat oil over medium heat.
2. Add sausage. Cook for 5 minutes, until brown, stirring frequently to crumble it while it cooks.
3. Add onion and garlic, stir to combine. Add oregano, red pepper flakes, salt and pepper. Cook for 3-4 minutes, stirring frequently.
4. Add chicken stock and bring soup to a boil. Add potatoes. Cook for 10-15 minutes, until potatoes are fully cooked.
5. Add kale and cook for 2 more minutes, then add cream. Stir.
6. Add more salt and pepper if needed.
7. Serve hot.