

Sausage, Kale, & Potato Soup

Serves 10



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| 1 Tbsp butter | 1 sprig of fresh rosemary |
| 2 tsp olive oil | ½ tsp dried thyme |
| 1 yellow onion, diced | 3C cubed potatoes |
| 3 garlic cloves, minced | Salt and pepper to taste |
| 1 carton (32 oz.) low-sodium chicken broth | |
| 1 package (14 oz.) smoked sausage, sliced into ¼ inch. rounds | |
| 4 C torn kale leaves | |
| 2 C milk | |

Directions:

Melt butter and heat olive oil in a large soup pot over medium-high heat. Add diced onions, garlic, sliced smoked sausage rounds, kale, salt, pepper, rosemary and thyme; stir to combine and cook for 8 minutes, stirring occasionally. Stir in potatoes. Add chicken broth and soy milk; bring to a boil. Reduce to a simmer and continue to cook for 10 to 12 minutes, or until potatoes are fully cooked and tender. Remove from heat. Taste for seasonings and adjust accordingly. Remove rosemary sprig. Ladle soup into bowls and serve.

Nutrition: 1 serving 1½ cups: Calories 174, Fat 8.5g, Saturated Fat 3.1g, Sodium 430mg, Carbs 14.6g, Fiber 0.9g, Sugar 5.3g, Protein 9.8g.

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