



# Italian Sausage Soup

## Ingredients:

1lb King Family Farm Italian Sausage (spicy or mild)

1 - large bunch of Kale, washed and chopped (any variety)

2 - cans of 16oz Cannellini Beans, rinsed and drained (white kidney beans)

4 - large potatoes, cubed

1 - 32oz box of reduced sodium chicken stock or your own homemade stock

2 – Cups Water

Red Pepper Flakes (optional)

Black Pepper

Salt

Shaved Parmesan Cheese (optional)

Serves 6

Prep + Cook Time: approx. 35 mins

This one pot meal is great for bringing the family around the table any night of the week. With only 5 ingredients: it is a great way eat on a budget! Brown sausage in large stock pot on medium heat. Once meat is lightly browned, remove meat placing in a bowl for later. I usually do not remove the drippings as they are minimal given our lean sausage. Toss in cubed potatoes, adding chicken stock and water, simmer until potatoes are fork tender approx. 15 min. Wash and chop the Kale removing any woody stems while you are waiting for potatoes to cook. Add Kale once potatoes are fork tender. Place lid on the pot and let kale simmer for 3-4 mins. Remove lid, add cannellini beans and sausage. Season with salt and pepper to taste. If you are using mild sausage you can add red pepper flakes for little heat. Ladle into bowls and add shaved parmesan on top. Serve with your favorite crusty bread. Viola' dinner is done!