

# Taste That!

## Spicy Sausage, Potato & Kale Soup

*Some help from the store can have this soup on the table in 30 minutes. Use low-sodium store bought chicken stock or broth. Buy the kale in the pre-washed, pre-cut sacks that are ready to go. If you are not a fan of pork sausage, a spicy Italian chicken sausage does the same trick. No one will know, and your family will love you for it.*

Yield: 6-8 servings

### Ingredients:

- 1 pound spicy italian sausage (I used chicken but pork is good too)
- 2 tablespoons butter or olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 teaspoon salt, plus more to taste
- 1 teaspoon freshly cracked black pepper, plus more to taste
- 1/2 teaspoon crushed red pepper flakes, optional
- 2 large bunches of kale, stemmed and chopped, about 4 overflowing handfuls
- 1/4 teaspoon freshly grated nutmeg
- 4 medium or 2 large russet baking potatoes, sliced
- 8 cups chicken broth or stock, 2 boxes
- 1/2 cup heavy cream

### Preparation:

1. Heat a large heavy-duty pot over medium-high heat. Once the pot has heated through, add the sausage, which you removed from the casing. Using a wooden spoon, begin to break up the sausage and allow it to cook, stirring occasionally, until it has fully browned. Remove the crisped sausage from the pot and transfer it to a plate or bowl. Set aside.

2. Lower the heat to medium, add the butter or oil and throw in the onions and garlic. Stir, scraping down the bottom of the pot picking up the browned bits of sausage with the back of a wooden spoon, and cook until soft and translucent about 3 to 5 minutes. Season with salt, pepper, and crushed red pepper flakes, if using. Continue to sauté until the onions have caramelized. Add the chopped kale in batches, allowing it to wilt down as it cooks. It might seem like a lot of kale but it will cook down, just like spinach! Add the nutmeg and stir. Cook the kale for another 3 minutes until it has turned bright green and completely wilted down. Throw in the sliced potatoes and cooked sausage.

3. Pour in the chicken stock or broth and bring it up to a boil. Lower the heat and allow the soup to simmer until the potatoes are cooked tender and soft. Taste the soup for seasoning, at this point you may add more salt, pepper or red pepper flakes, if desired. Once the potatoes are fully cooked, stir in the heavy cream. Serve right away with some bread on the side. Enjoy!