

White Bean, Kale, & Sausage Soup

Ingredients

- 1 tsp garlic powder
- 1 Tbsp dried origano
- 1 tsp kosher salt, plus more to taste
- 1/2 tsp ground black pepper
- 1/2 tsp red pepper flakes (optional)
- 2 Tbsp olive oil
- 1/2 pound ground spicy Italian sausage
- 1/2 large yellow onion, medium chop (about 3/4 cup)
- 2 large carrots, medium chop (about 1 1/2 cups)
- 2 celery ribs, medium chop (about 1 cup)
- 4 cups low-sodium chicken or vegetable broth
- 15.5 oz can navy or cannellini beans, drained and rinsed
- 4 cups shredded kale (or whole leaves stems removed and coarsely chopped)(about 10 ounces)
- 3/4 cup full-fat coconut milk (about half of a 13.5 oz can)

Directions

1. Combine the garlic, oregano, salt, pepper, and red pepper flakes in a small bowl and set aside.
2. Heat the olive oil in a large, lidded pot or Dutch oven over medium heat. Once the oil shimmers, add the ground sausage and cook, stirring occasionally to break up the large chunks, until browned, 6 to 8 minutes. Transfer the sausage to a large plate using a slotted spoon and set aside.
3. In the same pot over medium heat, add the chopped onion, carrots, and celery and cook, stirring occasionally, until the onions begin to brown and the carrots are tender yet still crisp, 8 to 10 minutes. Stir in the spice mixture until the vegetables are coated and cook, stirring often, until fragrant, 2 to 3 minutes. Stir in the broth, beans, and 1 cup of water and cover. Bring to a boil, then reduce the heat to low, and simmer, covered, until the beans are softened, about 10 minutes.

Easy Vegetable Soup

Ingredients

- 1 large onion, chopped
- 1 Tbsp oil or margarine
- 6 cups water
- 1 or 2 tsp low-sodium chicken or beef bouillon
- 2 medium potatoes, diced
- 3-4 cups frozen mixed vegetables or leftover vegetables
- 1/4 cup tomato paste or ketchup
- 1 - 14-ounce can tomatoes, with juice
- 1 bay leaf (optional)
- 1 tsp basil
- 1/4 tsp garlic powder or 1/2 tsp minced fresh garlic
- 1/4 tsp black pepper

Directions

Brown onion in oil over medium heat in an electric skillet or in a Dutch oven or large pot on a stove. Add water, bouillon, potatoes, vegetables, tomato paste or ketchup, tomatoes, and bay leaf. Cover and cook about 20 minutes, or until vegetables are almost done.

Remove bay leaf and discard. Add basil, garlic, and pepper along with any other desired seasonings. Simmer an additional 10 minutes. Add salt and additional pepper, if desired. *Makes 8 hearty servings.*

Note

- For heartier soup, add cooked beans or cooked meat.
- Chicken, beef or ham broth can be substituted for the water and bouillon.
- Use any combination of leftover vegetables or meat.
- Canned vegetables can be used. Adjust water in recipe accordingly if you don't drain the vegetables.
- Use pureed vegetables for a different taste and texture.

