

Sausage Kale Potato Soup

Ingredients:

4 chicken apple sausages
1 head of kale (chopped)
1 small sweet onion (diced)
3 cloves garlic (chopped)
4 small yukon gold potatoes (peeled and diced)
2 carrots (chopped)
1 ear of fresh corn, removed from cob (or 1/2 c frozen corn)
32 oz (4 c) chicken broth
32 oz water
1 TBS + 1/2 tsp ghee (or your favorite cooking oil)
1 5" sprig fresh rosemary, 1 3" sprig fresh thyme
1 bay leaf
1 tsp salt and 1/2 tsp pepper (or to taste)
*add 1/2 tsp red chili flakes if you want some heat



Instructions:

In a large soup pot, heat 1 TBS ghee on medium heat.

Add in chopped onion, garlic, and carrot, and turn to medium low, stirring occasionally. Meanwhile, start your sausage (see below.)

Once the onions, garlic and carrots have begun to brown (6-7 minutes) add in whole sprigs of fresh herbs. You just want the herbs to sweat into the veggies to infuse the flavor, 5 minutes should do. Remove herbs, then add broth and water, bay leaf and salt and pepper, stirring to mix thoroughly. Let the soup come to a simmer, and add in your diced potatoes and corn. Let the soup simmer for 20-30 minutes, then add sausage and serve.

Sausage: In a separate pan, heat up 1/2 tsp ghee on medium heat and add whole sausages. Turn after a couple of minutes, working to brown the outsides. Once browned, add a splash of water to steam the sausages the rest of the way, cover with a lid to speed up the process. Approximately 10 minutes. Once cooked, remove from heat and let cool a bit, then chop your sausages into bite-size pieces and add to soup before serving.

Servings: 4

Calories per serving: 373