



Hearty Smokey Sausage, Potato, and Kale Soup

Preparation Time: 7 mins

Cooking Time: 30 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

1lb Andouille Sausage, sliced into coin size pieces
4-5 medium Russet/Nadine Potatoes peeled and diced into 1" cubes
1 medium yellow/brown onion, diced
2 teaspoons smoked sweet paprika
4 cloves minced garlic
4 cups roughly chopped kale (remove middle stem)
4 cups chicken broth/bone broth
1 can cannellini beans, drained & rinsed
½ cup thickened cream (optional)
Salt and pepper

Note

Andouille sausage can be switched for Kielbasa. I like to make a double batch as it freezes so well (minus the cream). I usually add 1lb of Kielbasa sausage instead of another 1lb of Andouille sausage.

Diced carrots could be added for additional vegetables. I like to keep things simple and not overcomplicate this recipe.

Kale can be either Tuscan or Curly. It can also be switched for Chard.

Smoked sweet paprika can be substituted for different versions of paprika, preferably smoked though. Add 1-2 teaspoons of sugar.

DIRECTIONS

1. In a heavy based pot, sauté the sausage until golden. I like to get some caramelization on the sausage for flavor.
2. Add the onion and sauté for 2-3 minutes, until softened.
3. Add the minced garlic and sauté for 1 more minute.
4. Add the potatoes, smoked paprika, and broth.
5. Cook on medium-high heat until the potatoes are cooked through.
6. Add the kale and cook until wilted.
7. Add the cream (optional).
8. Season with salt and pepper to desired flavor.
9. Serve with fresh bread.

Note

- For a thicker soup, mix a little plain flour or corn flour with a small amount of soup liquid. Ensure there are no lumps. Add more soup liquid to dilute, before adding to the pot and mix thoroughly. Stir until thickened.