

10 in 10 approved Sausage and Kale Soup

When I first saw this recipe I thought Italian wedding soup and then kale soup. I had no idea what kale soup was until moving to Massachusetts. I'm not a fan of it by any means and I do not like linguica. I do like Italian wedding soup. I'm mostly Italian and Irish so cut me some slack ☐ There are no starches in this soup, so no potatoes like kale soup and no pasta like Italian wedding soup. Make this soup for lunch or dinner and you will surely be satisfied. Want to take it up a notch? Make your own chicken stock. Enjoy.

xoxo,

Kristin

Directions:

1) In a large sauce pan over medium heat, heat the olive oil. Saute the onion until slightly translucent, about 5 minutes. Add the minced garlic, red pepper flakes and a pinch of salt, and stir.

2) Add the kale and saute for about 2 minutes. Pour in the chicken broth and bring to a simmer. Add the cooked sausage, reduce the heat to low and continue to stir periodically while cooking for an additional 10 to 15 minutes.

Recipe from The Big 15 Paleo cookbook. Serves 4