

Abby J's Italian Sausage & Kale Soup



SHOPPING LIST

- 3 tablespoons olive oil
- 1 pound hot Italian Sausage, precooked
- 1 sweet onion, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 sprigs thyme
- 1 tablespoon of Italian Seasoning
- 4 cloves garlic, minced salt and pepper to taste
- 1 bunch kale, stems removed and roughly chopped
- 1 can diced tomatoes 14 oz.
- 2 cans white cannellini beans, rinsed and drained
- 8 cups of beef broth
- 1/2 cup parmesan cheese, optional
- 8 slices of crusty baguette from your local Ingles Bakery

INSTRUCTIONS

- Heat one tablespoon olive oil over medium heat in a dutch oven or soup pot.
- Add carrots, onions, celery, garlic, & Italian seasonings and cook until translucent.
- Stir in salt, pepper and continue to cook for 1 minute. Stir in diced tomatoes, beans, cooked sausage, and broth and bring to a boil.
- Lower the heat and add the kale, & the 3 sprigs of thyme and cook for 25 minutes to combine all the flavors.
- Divide soup among bowls and top with cheese and serve with a slice of baguette. This soup will warm your soul on a cold winters day.