

Kale and Sausage Soup

Course Soups

Ingredients

- 1 lb pork sausage
- 1 lb Italian sausage
- 1 tbsp olive oil
- 1.5 c onion chopped
- 3 medium potatoes chopped
- 8 c chicken broth
- 1 bunch Kale chopped
- 1/2 tsp nutmeg (optional)

Instructions

1. In large saucepan over medium heat, add oil and onions.

2. Crumble in sausages; continue to cook until browned with pink all gone. Cook until softened.

3. Add potatoes, broth, kale, and nutmeg; bring to a boil.

4. Cover and reduce heat to simmer for one hour. For a creamier texture, a portion of the soup can be pureed in a blender.