



**GOOD  
FOOD**

**S T O R E**

## Kale, White Bean & Sausage Soup

- 1 tablespoon** olive oil
- 1** medium onion, diced
- 5** cloves garlic, minced
- 1** bay leaf
- 1 bunch** kale, washed & torn into bite-sized pieces
- Two 15-ounce** white beans, rinsed & drained cans
- 12 ounces** kielbasa or Italian sausage, sliced
- 8 cups** chicken or vegetable broth
- salt & freshly ground black pepper, to taste

**Yield: 6 to 8 servings**

Heat olive oil in a large soup pot over medium-high heat.

Add the sausage and sauté until lightly browned and fully cooked.

Add onion and garlic and sauté until onion is translucent.

Add about 1/4 cup of broth and de-glaze brown bits stuck to bottom of pan. Add remaining broth, bay leaf, a generous grinding of pepper and bring to a boil.

Reduce heat, stir in the kale pieces and cover. Simmer until kale is tender.

Add the white beans, adjust seasonings and heat through.