

Shopping List:

2 Tbsp olive oil
1 lb ground sausage
1 shallot
2 large carrots
2 celery stocks
1 large potato
Salt to taste
Diced garlic to taste
2 cans white beans
2 bunches kale
1 large container chicken stock
Italian seasoning, to taste
Fresh parmesan
Toasted and Sliced baguette

Cooking Instructions:

Heat olive oil over medium heat and add sausage to brown – stirring and breaking into smaller pieces for about 10 minutes. After finished, pour some of the leftover grease out of the pan. Add the shallot, carrots, celery stalks, and potato – season with salt and cook and stir until the vegetables soften about 10 minutes. Add freshly diced garlic and the cans of white beans, cook for a few more minutes, and then add bunches of kale and allow it to wilt for another minute. Add the entire large container of chicken stock and season with Italian seasoning which will add the salt/pepper/oregano flavors and then bring soup to a boil, then reduce heat and keep at a simmer for about an hour or longer if desired. Add fresh parmesan to taste before serving! Serve this soup with a toasted and sliced baguette.