

## **Episode: Healthy Soups**

### **KALE AND WHITE BEAN WITH SAUSAGE SOUP**

#### **Ingredients:**

- 1 tbsp. olive oil
- ½ cup diced onion
- 2-3 tsp. garlic
- 1 large link, 4-5 ounces, spicy Italian sausage
- 2 cans - 15ounce great northern white beans
- 4 cups Kale
- 1-32 ounce box chicken stock
- 1 tsp. salt
- 1 tsp. pepper
- optional: fresh herbs

#### **Directions:**

Put oil in a pan. Turn to med/high heat. Add onion, garlic and sausage. Cook for about 10 min. Add beans, broth, kale, salt and pepper. Cover and cook an additional 5 min.

*Serves: 4 - 6*