



Tuscan Soup

Servings 8 | Prep time 15 mins. | Total time 45 mins.

Equipment: Large pot with lid, Colander
Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

1/2 pound ground Italian sausage
1 yellow onion, diced
2 cloves garlic, minced OR 2 teaspoons garlic powder
1 15 ounce can no salt added white (great northern, cannellini) beans
1/2 teaspoon paprika
3 cups low-sodium chicken broth
1 cup water
2 cups low-fat milk
1 pound red potatoes, sliced
1/2 pound kale, chopped
1 pinch red pepper flakes (optional)
1/4 teaspoon black pepper
1/8 teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the sausage to a large soup pot and cook stirring occasionally over medium heat until browned, about 8-10 minutes. Break sausage up into small pieces as it cooks. The fat from the sausage should keep the sausage from sticking. If sausage begins to stick to the bottom of the pot, add a dash of oil.
3. Add the onion and garlic to the pot and cook, stirring occasionally, until the onions are softened. The onions and garlic cooking should help melt any brown bits on bottom of pot.
4. Drain and rinse beans in a colander. Add the beans, paprika, chicken broth, water, and milk to the pot. Place a lid on the pot and bring to a simmer on medium heat.
5. Add the potatoes to the pot along with the kale. Stir soup to wilt kale into the soup. Once kale is starting to wilt, cover soup and allow to simmer for 15 minutes, or until potatoes are tender.
6. Season to taste and season with red pepper flakes, black pepper, and salt.

Nutritional Information:

Calories 240
Total Fat 10g
Sodium 280mg
Total Carbs 26g
Protein 13g